

# The Bethel Oxford County Citizen

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## Bethel will consider purchase of GAMM II

By MICHAEL DANIELS

The Bethel selectmen have called a special town meeting for the day after Christmas, to ask voters if the town should buy the GAMM II property at the Airport Industrial Park.

They have also scheduled an "open forum" for tomorrow, Dec. 19, at 7 p.m. in the town office to allow for public reaction and input to the late-breaking proposal. If the town is to purchase the property, it must commit to do so by Dec. 31.

The GAMM II property includes a 21,000-square-foot industrial building and 4.5 acres of land. The parcel of land was purchased from the town for \$26,000 in 1987, and includes two of the original six lots of the Airport Industrial Park.

The land was purchased by Plymouth Stitching Company, a New Hampshire garment manufacturer, which previously had been operating an assembly facility at the Mountain View Mall. Plymouth Stitching is GAMM II's parent company.

The company erected the new industrial building, and moved its Bethel operations there. But in 1990, after two years of operations at the site, GAMM II shut its doors, citing cheaper foreign

competition.

Fifty local workers were put out of work when the plant closed, and the town's hopes for varying its economic base by establishing light industry at the airport park were—at least temporarily—dashed.

The four remaining lots in the 15 acre park are still unsold.

The GAMM II building has been vacant and on the market since then, although it has been tied up in bankruptcy litigation until a few weeks ago, according to Don Early, of Ear-

ly Real Estate, which is handling the property.

When the town sold the land, it retained an option to repurchase the parcel if the original buyer were ever to put it back on the market.

The Bethel selectmen will now ask voters if they wish to exercise that option—at a cost of \$146,500 for the land and building.

The property has been assessed at a value of \$439,000, and Early said its

See GAMM II, page 2

## Chamberlain Resort sold

The Chamberlain Resort on Route 2 in Hanover has been sold to a Massachusetts' man for \$650,000.

Fred Miles was the successful bidder at last week's national satellite liquidation auction of properties acquired by the Federal Deposit Insurance Corporation.

Miles plans to operate the 20-unit Chamberlain as a family run hotel, according to Mary Jo Kennett, of Kennett Realty, who represented the FDIC in the sale.

Kennett, who traveled to Boston

to take part in the national auction, said the Chamberlain, like most of the roughly 175 properties on the block, was gone in little more than a minute of bidding.

The properties—the foreclosed assets of failed banks—went for from \$300,000 to \$7 million, Kennett said.

Approximately 2,000 people filled the ballroom at the Tremont Hotel to take part in the auction, she said—adding, "There's still a lot of money out there."

## Greenwood waives Gilbert foreclosure

By MICHAEL DANIELS

Greenwood voters have opted overwhelmingly not to foreclose on the town's largest employer and taxpayer—Gilbert Manufacturing Corp.

At a special town meeting last week, voters approved, 61-9, an article authorizing the town treasurer to waive foreclosure action against the wood mill.

Gilbert owes the town \$14,082 in overdue 1989 taxes, and a tax lien against the property is due to mature on Jan. 18, which would automatically start foreclosure against the company.

However, the company has already paid its 1990 taxes, and it has been making regular monthly installment payments toward its overdue 1989 balance.

The payment schedule had been worked out between company owner

Duane Gilbert and the Greenwood selectmen, when the company completed a refinancing in April of last year.

As it turned out, however, the rate of repayment was not enough to forestall the legal foreclosure procedure.

"We goofed; we made a mistake," said Town Treasurer Phyllis Coolidge in response to a question as to why the town had not set a repayment rate that would have eliminated the need for calling a special town meeting to prevent the foreclosure action.

When the foreclosure problem first surfaced, the town selectmen—on the advice of lawyers for the Maine Municipal Association—initially proposed simply not sending out the customary 45-day automatic foreclosure notice, and then not moving ahead with the foreclosure.

But Coolidge expressed concern

over the legality of such a move, and the town attorney later seconded her concern.

The selectmen then called the special town meeting in order to seek voter approval for waiving foreclosure.

None of the voters at last week's hour-long meeting argued against waiving foreclosure. The questions instead focused largely on the town's

See GILBERT MFG., page 3

## Sam Timberlake resigns as Bethel C.E.O.

After three decades of service to the town, Bethel Code Enforcement Officer Sam Timberlake has announced his resignation, effective Jan. 17.

Timberlake has served as code officer since 1974 and as a selectman for 12 years prior to that.

In a letter to Selectmen Chairman Arlan Jodrey, Timberlake said he was leaving in order to devote more time to his own business. The Citizen that his that line of handcrafted, Shaker-style furniture will be featured in an upcoming Sturbridge Yankee Workshop catalog, but that the orders "are already starting to roll in."

He will continue to serve as code officer for Greenwood, Gilead and West Paris, he said.

## Gleichman will plant rows of cedar and pine

By WENDY HANSCOM

Gleichman & Co. of Portland has agreed to replace trees cut between the company's apartment complex on Mason Street and the Crescent Park School.

The company, which is developing the project, said in October that a miscommunication between the developers and their construction crew led to the clearing on all the trees over a 125-foot span.

The project plan originally approved by the Bethel Planning Board showed a 20-foot barrier of vegetation left intact between the school and the project.

Following the discovery—by Code Enforcement Officer Sam Timberlake—that the trees had been cut, the company agreed to replace them or to take whatever other action

See GLEICHMAN &amp; CO., page 2

## EARLY DEADLINES

ALL DISPLAY & CLASSIFIED ADVERTISING & NEWS ITEMS ARE DUE AT THE CITIZEN

FRIDAY, DECEMBER 20, NOON

for the December 24th issue.

FRIDAY, DECEMBER 27, NOON

for the December 31st issue.

The Bethel Citizen office will be closing at 1:00 PM on Tuesday, Christmas Eve and will be closed on Wednesday, December 25th and Wednesday, January 1, for the Christmas and New Years Holidays.

"All the better to . . ."



Zuni, Uel Gardner's nine-month-old wolf hybrid, licks her chops after her daily serving of meat scraps. Zuni and her companion, nineteen-month-old Kiska, live in a large pen out back of Gardner's home on Church Street. The Gould Academy ski program director also takes his dogs out on a leash for exercise around the campus. Gardner is on the board of directors and is the education chairman of the Northeastern Wolf Pack Alliance, which advocates the preservation of wolves and wolf hybrids. He said that contrary to wolves' fearsome image in folklore, wolf-hybrids are shy animals and loyal pets. But, he said, they should never be left unattended with young children—as is the case with any large canine.

(Photo by Wendy Hanscom)

## Wolves at his door are friendly

By WENDY HANSCOM

People keep all kinds of unusual pets—rare birds, exotic snakes, hairless cats—but Uel Gardner's choice of animal companions is a bit on the wild side. Bethel resident Gardner owns two wolf hybrids.

"I never planned to get one, although I've always been interested in wolves," Gardner said. "But then I had the opportunity to get one that was about half wolf and I did. I got one that was closer to full wolf later—after I had more experience."

Nine-month-old Zuni and Nineteen-month-old Kiska live in large pen at Gardner's Church Street home.

Gardner, the head of Gould

of the Big (Bad??) Wolf," put out by the alliance says, "In general, hybrids are very shy animals that are extremely affectionate and loyal toward their pack members, both human and canine. Their shy nature makes wolf hybrids useless as protection dogs. Although they may howl when some strange noise wakes them in the night, most high-percentage hybrids won't bark. Wolf hybrids are not the least bit macho, so those people looking for such an animal should consider a doberman or a rottweiler."

In the wild, wolf packs establish a strict social order that includes all members. The pack is led by an Alpha male and an Alpha female.

ed wolf behavior by studying books about their behavior and about ecology.

But are they dangerous? In certain situations wolf hybrids can pose a danger to small children, Gardner said.

He said his hybrids have had no problems with anyone, but he's also very careful with them—keeping them penned or on a leash.

"I don't let little kids in the pen," Gardner said. "Zuni is fine with kids. Kids younger than first-grade, Kiska is very wary of. I'm very careful and anyone who has one has to be careful around small children."

He said people's reaction to the

"If they do something wrong, . . . I put them on the ground and hold them by the nose and growl at them."

Uel Gardner



MAKING HIS CASE—Duane Gilbert, owner of Gilbert Manufacturing in Locke Mills, addresses a special town meeting in Greenwood last Wednesday. Voters, at the suggestion of the town selectmen, voted overwhelmingly to authorize tax collector Phyllis Collidge to waive foreclosure action against the mill, which is the town's largest taxpayer and employer.

(Photo by Michael Daniels)

## Bethel Rotary Club's CHRISTMAS FOR CHILDREN GIVING THERMOMETER

Contributions or requests for assistance may be mailed to:

Christmas for Children  
c/o David Murphy  
HCR 61 Box 170  
Bethel, ME 04217



## SEARS

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Holiday Hours  
Thursday & Friday:  
8:30 AM - 7:00 PM  
Friday: 8:30 AM - 8:00 PM  
Saturday: 8:30 AM - 5 PM  
Monday: 8:30 AM - 7 PM  
Tuesday: 8:30 AM - 4 PM  
603-752-3422

See WOLF HYBRIDS, page 9

NOTICE  
Dr. Shaw's office on Main Street will be closed for vacation December 21 through January 1. In case of eye injury or infection, please call 836-2481. HAPPY HOLIDAYS!

# Opinions

## Tough times demand soft hearts

Tis the week before Christmas and the Bethel Rotary's Christmas for Children Fund is still more than \$1,200 short of its goal.

Thanks to the generous folk who have already donated, 130 young children will have presents under the tree next week. But, sadly, there are other youngsters who will find only disappointment on Christmas Day—unless a last-minute flurry of dollars fills Santa's pot.

In spite of the economy, local individuals, families and community groups have been "absolutely tremendous" this season, said Rotarian Dave Murphy—as have skiers shopping at the I.G.A.

But the recession is a grim reality that has hit many local families hard, especially families with children. Many, through no fault of their own, simply cannot afford presents this year.

Those of us who are more fortunate—who still have our health, homes and jobs—should pause a moment to count our blessings. And then dig a little deeper.

The recession will pass, but childhood comes only once.

Santa's Rotarian helpers will not be in front of the I.G.A. this weekend, but there's still time to send contributions to Dave Murphy, HCR 61, Box 170, Bethel, 04217, or to drop them off at his office at the Crescent Park School. MRD

## GAMM II

Continued from page 1

open-market offering price was \$250,000.

There has been interest in the property at that price, he said, but potential buyers were waiting for the town's option to lapse.

That option runs out on Dec. 31, and, following a lengthy executive session after their regular meeting Monday, the selectmen voted to call the special town meeting for Dec. 26.

The selectmen have been discussing the purchase in secret sessions (at the request of the seller) since the summer, but only settled on terms Monday, Town Manager Madeleine Henley said.

"We all felt this kind of opportunity for economic development in the area was important enough to call a meeting the day after Christmas," Henley said Monday night.

The terms of the proposed agreement between Plymouth Trust (a corporate affiliate of Plymouth Trust) and the selectmen call for no down payment by the town and for the first of two installment payments not to be due for 12 months.

If the town were to purchase the property, the selectmen said they would plan to rent it out at a "reasonable" (i.e., low) rate in order to encourage business development.

"It would give us the opportunity to control our own fate to some extent, rather than have someone come in and buy it on speculation," said Selectman Norman Putnam.

No one has as yet expressed an interest in renting the property, they said.

Henley said the Farmers' Home Administration has indicated the town would probably be eligible for a \$50,000 marketing and development grant—if voters OK'd the proposed sale.

The selectmen said Monday they hoped as many people as possible would turn out for tomorrow's open forum.

Both tomorrow's meeting and the Dec. 26 special town meeting will be held at 7 p.m. in the town office.

## Other business

The Dec. 26 meeting will also take up proposed revisions to the town's shoreline zoning regulations.

The state has mandated that towns adopt new, stricter regulations by Dec. 31, but Henley said Monday night that it now appears quite likely the legislature will approve the governor's proposal to delay the new regulations for at least six months.

If the state deadline is in fact postponed before Dec. 26, the selectmen plan to suggest at the special town meeting that action on the proposed revisions also be put off until the town's regular annual meeting in June.

In other business at their own meeting Monday, the selectmen approved Police Chief Dale Bellman's proposal to add arrows at the beginning and end of the no-parking section of Church Street. The arrows are intended to clear up motorists' confusion over exactly where they can and cannot park.

Also on Monday, the selectmen unanimously turned down a request from Gleichman & Co., developers of Bethel Park Apartments, who had asked to use the town office meeting room for taking rental applications.

"I don't think we should be competing with the public who has space to rent," said Selectman Art Gilbert. And the board, by a vote of 3-2, officially reaffirmed their position that the Bethel/Newry town line is a straight line and should be professionally marked as such. Newry now agrees that the line is straight, but the Newry selectmen do not want to spend the money to have it professionally surveyed and marked, Bethel Chairman Arlan Jodrey said.

Selectmen John Thurston and Norman Putnam voted in opposition, arguing that there was merit in Newry's suggestion that the current (crooked) line be used as a reference point from which the actual (straight) line could be calculated—without going to the expense of having it professionally established.

At their regular meeting Wednesday night, the board members couldn't decide if two or three rows of trees would be necessary to serve as a visual buffer, so an on-site inspection was scheduled for Thursday. After the inspection, the board suggested that one row of cedar and one row of white pine trees, staggered eight feet on center, should be planted.

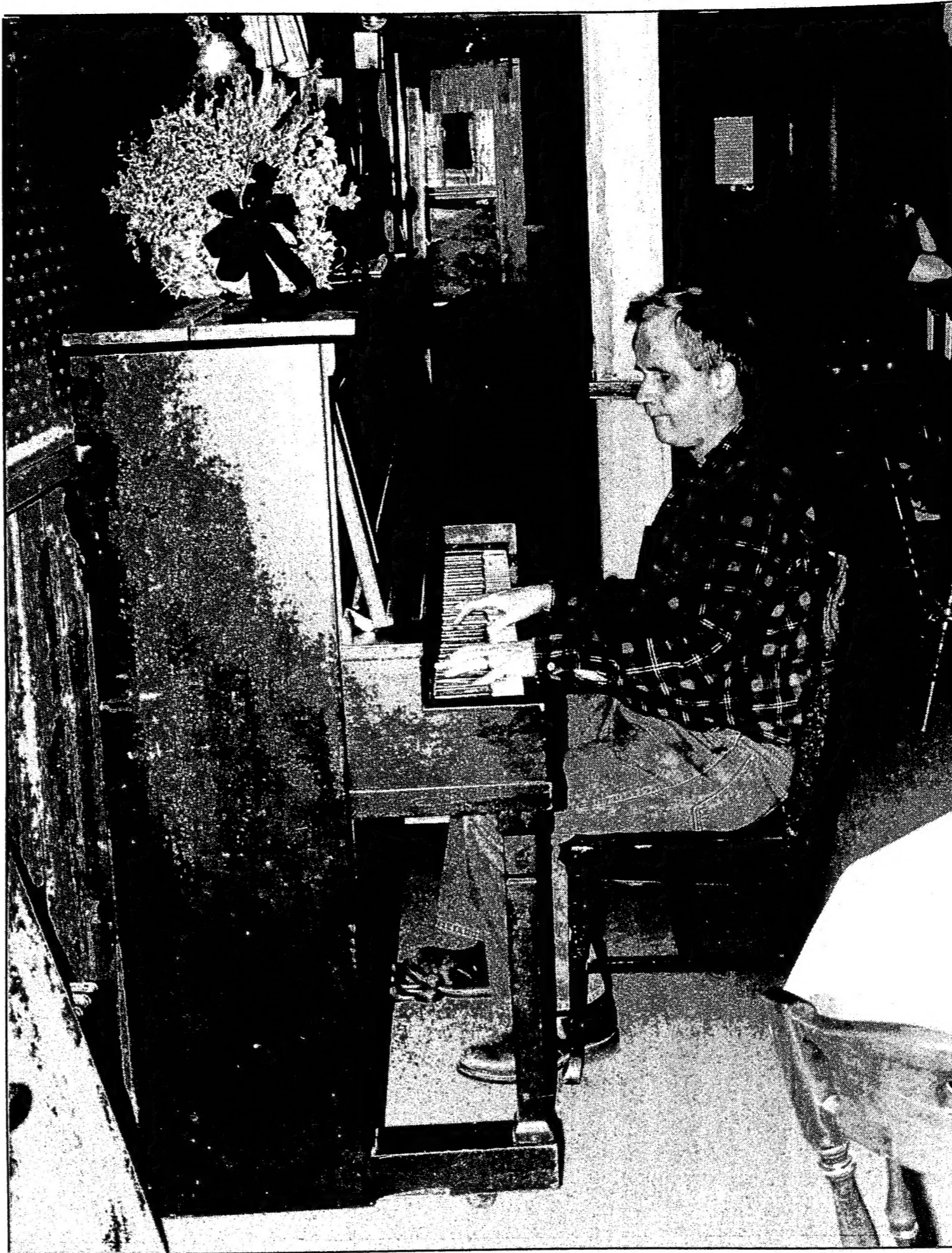
high school for washing. Administrative Assistant Bruce Powell said he has received no complaints about the new trays, and the food is still arriving hot.

West Paris hunter fined

Carl W. Polvinen, 41, of West Paris, was recently fined \$100 for discharging a firearm within 500 feet of a school and \$100 for discharging a firearm near a dwelling.

The charges stem from a Nov. 12 incident, when game warden says Polvinen shot and killed a deer within 100 feet of Ted Braden's West Paris village home and less than 500 feet from the Agnes Gray School.

School was not in session that day.



PIANO PLAYER AND TUNER—Richard Wood of Bethel is starting a piano tuning and repair business. Wood graduated in 1977 from the piano tuning program at Perkins School for the Blind in Watertown, Mass., with certificates in both piano tuning and repair. The two-year course taught Wood how to replace broken strings, hammers, recover keys and gave him a basic knowledge of how to fix anything that can go wrong with a piano, he said. Wood worked for the Massachusetts Commission for the Blind while studying. He has also worked as a piano tuner in central Massachusetts, serving private customers, schools and military installations. Wood moved to Bethel last September and went to work at Voices for the Blind, Inc., as the studio editor. Because the job is voluntary, Wood will be looking for piano tuning and repair service jobs in the area. Wood also plays the piano Friday nights at the Sudbury Inn on Main Street in Bethel. (Photo by Wendy Hanscom)

## Gleichman & Co.

Continued from page 1

the planning board asked in order to stabilize the soil in the area and to replace the visual barrier between the school and project.

However, the company's initial proposal for replanting the trees called for a single row of birches—a solution the planning board turned down as inadequate.

Gleichman then agreed to come back to the board with a more substantive plan.

At their regular meeting Wednesday night, the board members couldn't decide if two or three rows of trees would be necessary to serve as a visual buffer, so an on-site inspection was scheduled for Thursday.

After the inspection, the board suggested that one row of cedar and one row of white pine trees, staggered eight feet on center, should be planted.

According to planning board assistant Staci Benjamin, the trees will be planted in the spring, close to the fence that separates the 24-unit complex from the school.

## CPS expansion previewed

The proposed addition to the Crescent Park School was also discussed at last week's planning board meeting.

SAD #44 Superintendent Dewaine Craig and members of the district's buildings and grounds committee presented the district's preliminary plans.

State laws have changed since 1986, when the district built its last new school—the Woodstock Elementary School. Under current law the district has to gain planning board approval for the site plan, Craig said.

SAD #44 is second on the state's protected list for school construction and additions. If the district gains approval for the addition from the five member towns, construction could begin in the spring of 1993, said Ray Harrington, buildings and grounds committee chairman.

Philip Rea, of Rea Design Associates in Auburn, discussed the proposal with the board and said this was just a preliminary meeting to make the board aware of the project.

Craig said the committee will begin public hearings in member towns this spring to discuss the project. The project will go up for planning board approval only after a district-wide referendum approves the expansion, he said. That referendum vote will probably take place late next summer or early fall, he added.

## W'stock OKs two setback appeals

By WENDY HANSCOM

The Woodstock Board of Appeals Monday night granted two conditional variances from the town's 20-foot setback ordinance and referred a request for a variance within shoreline zoning back to the planning board.

Chester and Claudette Jackson, who want to build a camp on Shagg Pond, asked the board to allow them to install a septic system less than 10 feet away from their property line.

The board voted to grant the couple a 10-foot variance, but said that the septic system must be redesigned so that the drainage bed is 10 feet away from the property line.

Appeals Board Chairman Victor Young said the state plumbing code requires the 10-foot setback, and that the board could not grant a variance closer than that.

The board also gave Ernest Yap a 14-foot variance of the 20-foot setback

on the condition that his neighbor, David Cox, agrees with the ruling.

Yap wants to build a 24-by-24-foot garage on his Perkins Valley Road property. He has a right-of-way running through the middle of his 100-foot square lot, which prevents him from placing the garage anywhere that would meet the required setback, he said.

George and Barbara Neagle's request for a variance from the 30-percent-increase limit within shoreline zoning was sent back to the planning board for reconsideration.

The Neagle's 22-by-24-foot camp,

with loft, is 20 feet from Concord Pond and they asked for approval of a 12-by-22-foot addition. The planning board ruled that the addition exceeded the 30 percent increase limit of the camp's footprint.

Appeals Chairman Young, however, said that officials he talked to at the Department of Environmental Protection and the Androscoggin Valley Council of Government said that the expansion could be based on the camp's volume not the footprint.

Because the camp has a second story loft, Young said, the addition meets the 30 percent increase limit.

## Santa's mailbox



Dear Santa Claus,

How is Mrs. Claus and how was your summer? How is Rudolf doing? I want a sleeping bag, a bear as big as me, a new trumpet and a cowboy hat, some crayons, a big police car that I can fit into with a back seat.

Bill Marshall

Dear Santa,

Hi, my name is Mandy Bodwell and I am six years old. Santa, I hope Rudolf the Red Nose Reindeer and Frosty the Snowman will be with you on your sled Christmas Eve. Santa, for Christmas I really want a Cabbage Patch, that can cry with a necklace and a Happy Birthday Barbie. Santa, can you please be at my school library (CPS) on Friday, Dec. 20? Thank you. Merry Christmas.

Love  
Mandy Bodwell

Dear Santa,

If you could I would like a something that makes soda and candy when you push each button, a Barbie beach jeep, a T.V., "Learns a Lesson for Samantha," and "Samantha Saves the Day." How was your summer?

Love  
Chelsea Marshall

Dear Santa,

How are you and your reindeer this Christmas? I'm fine. Well, what I wanted to ask you was if you could fit anymore presents on your sleigh? If you can, I'd love a Cabbage Patch hi-chair, and play pen. And also, some premie diapers, a diaper bag and some premie clothes (premies are small Cabbage Patch babies, if you didn't know). Have a good Christmas,

Love  
Abbie Beane

**The Bethel Oxford Citizen**  
County

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Deadline for town news items is Saturday noon. Advertising deadlines: display ads, Monday noon; classified ads, Monday 5 p.m.

The publisher reserves the right to reject, omit or edit any material offered for publication.

## East Andover school house donated to historical society

By VIOLET P. SWAIN

In December, Violet Peters Swain, owner and former teacher at the East Andover School, deeded the 3 acre property, including the 122 year old building, to the Andover Historical Society.

This building replaced an old building, dating back to the 1700s. In 1869 the present building was built on the same location, bordered by pine trees. Three of the original trees are still standing.

In 1958 the school closed its doors to classes.

In 1974 the Town of Andover deeded the building to Violet and Robert Swain. In 1983 Robert Swain, added land to the property, and deeded it to his wife, Violet.

Records in Augusta state that the first school in East Andover was in the southern part of town in the vicinity of the home of the late William and Myra Crocker. This building burned and the location of the second school, prior to 1861, was on the present land. Records show that in 1861, Ezra Hall was the teacher. Other early teachers included names such as Newton, Ripley, Farrington, Lovejoy, Blaisdell, Abbott, Perkins, Philbrick and Marshall Howard.

In 1922 the outside toilets were moved to the main building. There was never a cellar or water in this building.

The East Andover school was #3 of 7 Andover schools including: #1, Village; #2, South Andover (made into a home); #3, East Andover; #4, North Andover; #5, Farmers Hill; #6, Blackberry Academy (near Andover Falls) and #7, Andover North Surplus.

In 1900 Marjorie Burgess transported pupils by horse and buggy to #2 at South Andover while repairs were being made at East Andover.

Schools were operated by terms—usually a different teacher for each of the three terms. Pay was as low as \$2.75 per week and room and board \$2. Classes ranged from grade 1-9 with 7-23 pupils.

In 1926 Vivian Martin (Milton) of Auburn, taught one full year for \$399. In 1934 the East Andover School was wired for electricity by teacher Herbert Hall. He used his janitor money. That year Hall had nine beginners plus other grades.

In 1938, the writer of this article, taught grades 1-7 with two sessions: 8:30 a.m. to noon and 12:30 to 4:30 p.m. In 1939 grades 6-7 went to the village school and classes went back to one session 8:30

a.m. to 3 p.m. I received \$700 a year and paid \$10 for room and board. A neighbor usually built the fire, but the teacher did the rest of the janitor work, which included lugging water each morning from a nearby home.

In 1944 the school was closed because no teacher was available, but reopened in 1945, only to close again in 1946. The superintendent wanted it to close for good, but the parents objected.

Vivian Barlow, a local resident, taught primary through grade 5 from 1947-54. Many improvements were made during this time: the ceiling was wired, fluorescent lights were installed, new modern movable seats, inlaid linoleum, playground equipment purchased, a piano was bought by the school and the Community Club and the Sunday School used the school.

The last teacher was Elsie S. Dresser who taught from 1955-58 with 11 pupils. She died in 1972.

During the years when gas was hard to get, the East Andover Community Club sponsored a Sunday School. There were at least 45 pupils with a superintendent, her assistant, seven teachers and helpers every Sunday for 30 weeks. Sunday evening services, Girl Scouts, Boy Scouts, Pilgrim Fellowship and the Community Club also met at the building.

In 1964, a group, later known as The Calvary Congregational Church, met at the school building until their church was built in South Andover, nine years later. The Snow Valley Snow Goers leased the building for nine years beginning in 1977.

In 1974 the town sold the building to Robert and Violet Swain for \$50. In 1991 the town valued the property at \$21,169.

There are only seven former teachers living: Della Thurston (Howard), Rumford; Vivian Martin (Milton), Auburn; Nancy Williamson (McAllister), Danville; Marie Elliot (Lang), and Roberta Thurston (Learned), Andover; Violet Peters (Swain) and Vivian E. Barlow, East Andover.

A sign "East Andover Schoolhouse, #3—1869-1958" was made and placed on the front of the building above the porch.

The deed was turned over to Beverly Swan, president of the Andover Historical Society on Dec. 11, 1991.

## Gilbert Mfg.

Continued from page 1

legal position in the foreclosure action. At the suggestion of Stephen Seanes, the warrant article was amended to require the selectmen to stipulate that the company pay \$1,450 per month (as it has been) and that the agreement be recorded in the registry of deeds, in order to secure the town's legal position.

Duane Gilbert told the meeting that the company was in sound financial shape, and that the original problem stemmed from Casco Northern Bank's failure to follow through on loan commitments made when he purchased the mill in October of 1985.

As a result, he said, the company was in a cash-poor position prior to the refinancing in 1989, and he had no choice but to put off paying the town taxes.

He noted that the company has been making its regular payments since reaching the original agreement with the selectmen, and that those payments include an 11 percent interest payment.

He also said that if the town were to go ahead with the foreclosure action, he would fight it in court. He wasn't, he said, going to lose the company "for a lousy \$20,000 (the original tax balance)."

And, he warned, "If you foreclose, the bank's going to come out the winner in this—not you."

Gilbert said later that the company now employs approximately 100 people, 30 more than when the refinancing package was completed in 1989.

He said that when he purchased the company six years ago, his financial projections showed that it would take four or five years to turn a profit.

He said he now expects to be out of the red for the first time by the end of the company's current fiscal year, June 30, 1992.

Gilbert Manufacturing is a high-volume job shop specializing in tool and cutlery handles, rolling pins and novelty items.

## GOULD YULEFEST

A performance of singing, dancing and music to celebrate the winter solstice will take place at Gould Academy on Friday, Dec. 20 at 7:30 p.m. in Bingham Auditorium. There is no charge and the public is invited to attend.

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## Notice

D.J.'s Variety Store & Coffee Shop will be closing under the present management as of December 25th, due to health reasons.

I wish to thank all who have patronized D.J.'s and kept the business possible. May God bless each and everyone.  
Laura M. Hutchins

Come in this week To Upton Maine Rte. 26 & Mill Road

## The Upton Trading Post

A North Country Convenience Store with the added charm of an old time General Store  
Check Out Our Wares  
A special thanks to all those whose hard work made this possible.

Wishing you a very Happy Holiday  
Sincerely,  
Amy & Jerry

## Bethel police log—

On Saturday, Dec. 7 at 1:30 a.m. the Oxford County Sheriff's Office reported a one vehicle accident on the Middle Intervale Road.

At 3:50 a.m. a security company reported a business alarm sounding on Main Street.

At an unknown time, a Bethel resident reported losing her wallet on Main Street.

At 11:36 a.m. a Broad Street Inn reported vandalism to a room door.

At 12:45 p.m. police led the Bethel Christmas parade.

At 2:20 p.m. a Flat Road resident reported snowmachines riding on the road.

At 5:30 p.m. a Sunday River Road resident reported backing into a vehicle parked in his driveway.

On Sunday, Dec. 8 at 4:03 a.m. a Route 2 motel lodger reported a woman screaming in a nearby hotel room.

At 10:44 p.m. an unknown motorist reported a vehicle accident on the Sunday River Road.

At 6:41 p.m. a West Bethel resident reported the theft of a chainsaw.

At 11:30 police requested sand on routes 26 and 2 because of icy conditions.

On Monday, Dec. 9 at 8:10 the Bridge Street ranger's station

reported finding three headstones at their backdoor.

At 3:20 p.m. two Bethel boys turned in a wallet they found on Main Street.

At 10:50 p.m. the OCSO requested that police stand by at the Bethel/Locke Mills line to provide possible backup.

On Tuesday, Dec. 10 at 11:30 a.m. a Locke Mills resident reported that his vehicle had been struck by a truck with New Hampshire dealer plates.

At 3:37 p.m. a Bethel resident reported seeing a fight in progress at a Route 2 residence.

On Wednesday, Dec. 11 at 10:10 a.m. a Bridge Street resident reported the theft of his car's registration plates.

At 8:10 p.m. the off-duty police chief reported cars illegally parked on Church Street.

On Thursday, Dec. 12 at 1:05 p.m. a West Bethel mill foreman reported a theft.

At 3:35 p.m. a Vernon Street resident reported a dog running at large.

On Friday, Dec. 13 at 10 p.m. the OCSO asked police to be on the lookout for a pickup truck involved in an accident in Norway.

## Master Sgt. Freeman retires after 30 years

Chief Master Sergeant Mark E. Freeman has retired from the Air Force after 30 years of service.

A retirement ceremony was held for Freeman at Edwards Air Force Base, Calif. on Nov. 22.

Freeman was raised in Bethel and graduated from Gould Academy in 1959. He then studied electrical engineering at Northeastern University for two years. He attended Missile Electronics Technical School at Lowery AFB, Colorado, where he was an Honor Graduate in 1963.

At Edwards Air Force Base, he was deputy for logistics testing for the Short Range Attack Missile II, and its

tactical version, the SRAM T.

Freeman's decorations include: the Meritorious Service Medal with one device; the Joint Service Commendation Medal; the Air Force Commendation Medal with one device; the Air Force Achievement Medal; the Air Force Good Conduct Medal with eight devices; the National Defense Service Medal with one device; the Vietnam Service Medal with three devices; the Republic of Vietnam Gallantry Cross with device; and the Republic of Vietnam Campaign Medal.

He is married to Anne (Chandler) Freeman and has two daughters and one granddaughter. He is the son of Marjorie Berry Menzies, a Bethel native who now lives in Wellesley, Mass.

## Task force notes—

The Bethel Area Task Force held its regular meeting on Tuesday, Dec. 10. Members expressed enthusiasm for the follow-through from the Nov. 15 Community Conference.

Ten action groups have met since their formation at the conference. Noted below are their initial projects. The next meeting date, if determined, is indicated in parentheses. Community members are still welcome to participate in these ongoing groups. For more information, call Nancy Davis at 824-2355.

The Activity Center group is in an information gathering stage, forming links with other action groups whose purpose overlaps with its own and visiting communities with activity centers (Jan. 8, 7 p.m. at the Bingham House). One group, in its focus on articulating an identity for the community, has written to all area selectmen to suggest cooperation among the communities (Jan. 10, noon at the Chap-

man Inn). Another group has many of the same goals and is now devoting its efforts to planning a panel discussion in a local civics class (January TBA).

The health services group is gathering information toward the creation of a par fitness course for the benefit of local citizens (January TBA). A group committed to Learning and the performing arts plans to open a Saturday night coffee house in the next few months (Dec. 30, 10 a.m. at the Todd's).

Improving learning opportunities for community members of all ages is the focus of one group, which is beginning by compiling a list to match the educational needs of various groups to available providers and volunteers (Jan. 7, 7 p.m. at the Bohrs'). The economics group held an open discussion of the pertinent issues (January TBA). The recreation group's immediate goal is to foster cooperation among the area recreation boards

(January TBA). A group of forest-related business persons and environmentalists has begun to work jointly on seven projects (Feb. 5, 7 p.m. at the Bingham House). A group of young people and adults is pursuing ways of providing cooperative ventures for Telstar and Gould students.

Task Force members are asked to note the following dates. We still welcome new members, particularly from the communities outlying Bethel.

Monday, Dec. 30, noon at the Bingham House: a brown-bag lunch get-together with Edie Seashore.

Tuesday, Jan. 21, 7 p.m. at the Bingham House: task force meeting.

Wednesday, March 18, evening: Conference sharing and catching up, all participants in a November conference—and other interested citizens are urged to attend.

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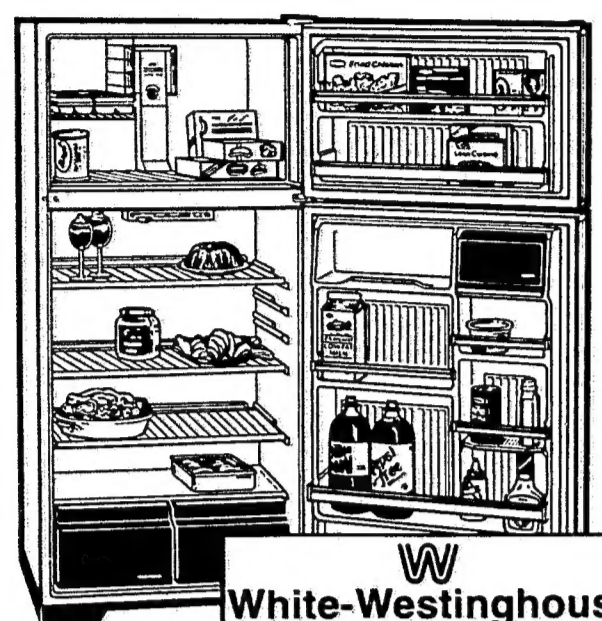
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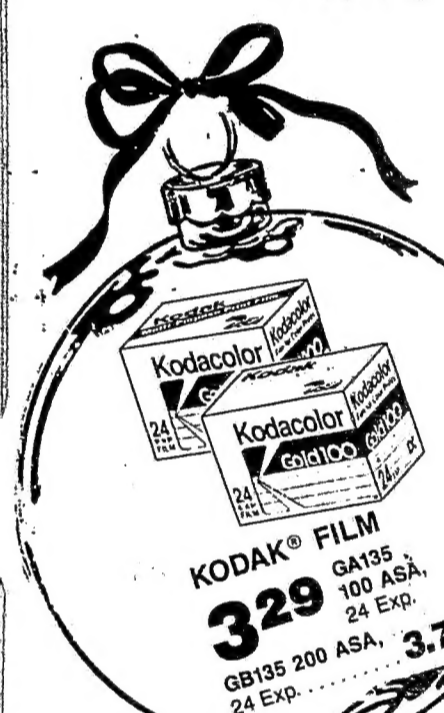
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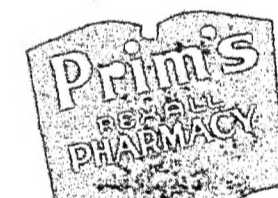


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## Agnes Gray School

By MARTA CLEMENTS

At this writing all classes are trying to get back on schedule after two more storm days. We are still practicing for the Christmas concert and we are getting ready for our Christmas parties.

The kindergarten selections for the concert are Little Lamb and Christmas List. They have also been drawing and have created pictures of what they did during the storm days. They have made cylinder Santa Claus tree ornaments and they are making a Visions of Sugarplums counting book. They are using pictures and numbers, such as 1 candy cane, 2 baby dolls, etc.

The first-graders' selections for the concert are On Come Little Children and Song of the Shepherds. They are creating a Christmas book also. They include symbols of Christmas and ways in which their own Christmas is celebrated. They are reading a poem in unison, A Sled For Christmas, and they are bringing in favorite ornaments from home for show and tell. Some are not coming in, but are being told about anyway.

In grade two, Randy Johnson is the special person of the week. Randy and his classmates are working with attribute blocks in math. This deals with the skill of sorting and classifying according to color, shape, size. Mrs. Perham and the students wish to thank their parent, math, volunteers. Lisa Beebe, Michelle Blake and Kathy Hemphill are coming in regularly to teach and play math games to reinforce skills and concepts. The class has finished the first book in their Open Court reading series, "Rainbow Bridge." They will be working with stories from literature before beginning the next book in the series.

The third-graders are continuing with their study of the Plains Indians, working with money to make change. They are learning the different combinations for set amounts up through 25 cents. They are working to learn cursive writing, combining their letters into words written in cursive. In creative writing they have heard the story of "Pierre" by Maurice Sendak. Pierre's famous utterance is "I don't care." They are using this as a theme to write a story of their own.

The fourth-graders are starting to work with pattern blocks in math to learn the beginning of multiplication. They have just finished reading together, "Island Boy" by Barbara Cooney. This is a story that takes place in Maine and shows part of our heritage.

The class is busy working with their computer. A schedule has been set up and someone is on the computer during those times. Their overview of the United States is beginning with a look at different groups of immigrants and where they came from, as a preparation for their study regions of our country.

My fifth-graders are working hard on problem solving in math and have recently participated in the district math league contest. They have drawn names for exchange Christmas giving and have completed their Christmas

presents for their parents. I can't tell what that is until after Christmas. They are working hard to get their third book reports done before the Christmas break.

The sixth-graders have every right to be proud of their latest edition of the "Sixers"—and the last one was good. It really was better than the one before. They are learning how to improve as they go. They have finished their second unit in the new Heath series, "Meeting The Challenge," and did a good job on the unit test. They are wrapping up their science unit on energy forces and will present their projects before vacation. They have finished up their study of India in social studies and are beginning Medieval Europe. The main focus of social studies in the sixth grade is World Cultures.

One more column before the Christmas break. Happy holidays.

### NEWS FROM

#### Adult Education

One hundred and eighty-five employees of 16 SAD #44 area businesses recently participated in a four-part series, Developing the Service Edge, co-sponsored by Sunday River Ski Resort, the Bethel Savings Bank and SAD #44 Adult and Community Education.

The series consisted of two full-day workshops in customer relations basics and communication skills, plus two half-day sessions on supervisory skills and a shortened version of the customer relations basics. The presenters for the series were Deborah Gallant and David Dix of Dix-Gallant Associates of Portland.

The idea for the cooperatively planned and funded series was initiated by conversations between Bill Jensen, formerly vice-president at Sunday River, Linda Varrell of the Bethel Savings Bank, and Cathy Newell, director of Adult and Community Education for SAD #44. Art Marshall of Sunday River replaced Jensen on the planning committee following the latter's departure for a new position in California.

Inspired by the belief that many of the small businesses in the area had an interest in high quality training offered in an affordable and accessible manner, the committee contracted with Dix-Gallant and arranged to use the facilities at Sunday River prior to

the start of the ski season.

SAD #44 Adult and Community Education handled the administrative aspects of the project, while Sunday River and the Savings Bank pledged financial support and recruited participants from their own and area businesses.

Participating businesses were Bethel Savings Bank, Sunday River Ski Resort, Maine Street Realty, Groan and McGurn, P.H. Chadbourne, Green Granite Motel and The Lodge at Jackson Village in Jackson, N.H., Chapman Inn, Riverview Motel, Outward Bound, Mt. Mann, Mt. Abram, Sunday River Inn, Maine Handicapped Skiing, Bethel Area Chamber of Commerce, and SAD #44.

In reflecting on the series, Sunday River's Marshall expressed satisfaction with the response to the series, both in terms of the number of participants and in the evaluation forms completed by participants.

Newell said, "The Service Edge series is an excellent example of cooperation between area businesses and adult education."

#### Reception to honor Melanie Ellsworth

Melanie Ellsworth will be honored at a reception Wednesday, Dec. 18 at the Telstar library, from 6:30 to 8:30 p.m.

A member of the Chapter One staff of SAD #44, Ellsworth is engaged in a year of teacher leader training in the Reading Recovery (tm) program at The Ohio State University in Columbus. At approximately 7 p.m. she will make a presentation on Reading Recovery, her experiences in Ohio, and initial plans for implementation of Reading Recovery in SAD #44 for the Fall of 1992.

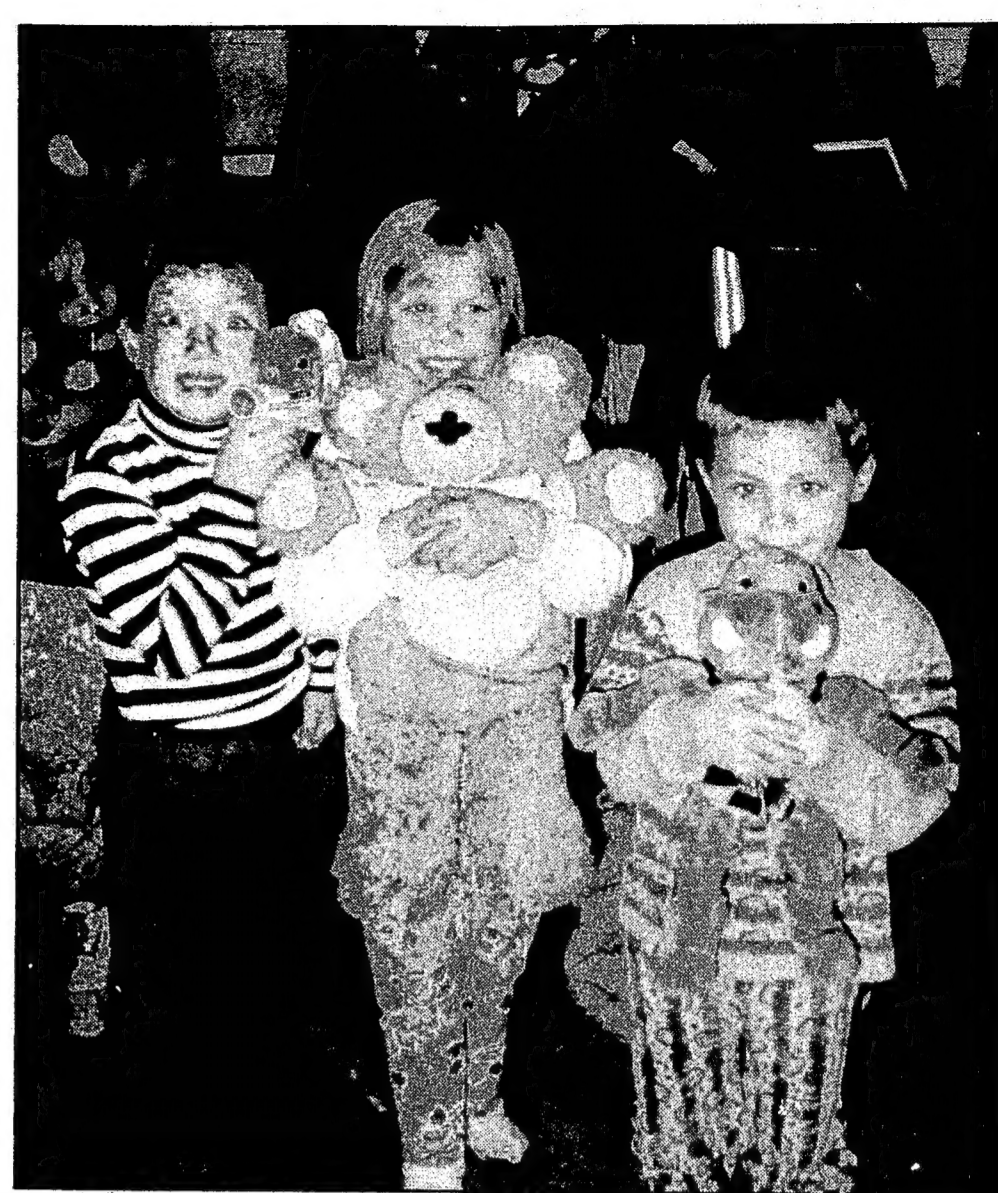
An invitation is extended to any who are interested in this program.

#### North Paris

By DORIS C. LAWRENCE

Saturday, Dec. 21 there will be a benefit dance for Dennis and Diane Allen at the West Paris Grange Hall. The Richard Felt Band will be entertaining. They lost their trailer and everything by fire.

I neglected to put in my news. Mary Smith's birthday was Sunday, Dec. 1. Well, on Saturday, Nov. 30 Viva Whitman, Joe Yates, Peggy Blake and Charlotte Cole went to her trailer with



BEAR LOVE—Kindergartners at the Crescent Park School have been working on a special teddy bear study unit. As part of the project, fifth-grade students have been writing down teddy bear stories dictated by the kindergarten students. These bears and their human friends Simon Dumont, left, Angela Hooper and Lorenzo Baker recently paraded through several CPS classrooms along with other kindergartners and their furry companions. (Photo by Ellen Greeke)

lot of goodies and Charlotte took her guitar and played and sang old songs. It really cheered Mary up.

Monday, Dec. 9, Mary Smith was to go to Dr. Phillips in Portland, but due to such icy traveling it was postponed until Wednesday, Dec. 11. I went with Mary. She went to Stephens Memorial Hospital on Friday, Dec. 13 for a S.C.A.T. scan. I went down to keep her company while she waited for two and one half hours for the scan. I visited my niece Maureen Heath who works there.

Ruth Pray is back home from the hospital and feeling better. Lloyd Huntley who owns the former Bradford House passed away. Sympathy is extended to his daughter Virginia Stone and family of New Gloucester. Lloyd played the banjo for quite a few years in an orchestra.

Thursday, Dec. 12 Dora Dingley and

I went to the Oxford County Senior Citizens Christmas dinner.

Everything was nice and a lot of fun. That evening I went to the South Paris Fire Hall to a Paris Cape Historical Society meeting and the Bedard Trio entertained. It sure was good. Eighty or more were there. Delicious refreshments were served. I went with Richard Felt.

I called on Richard and Barbara Felt and they said granddaughter Jenn Felt slipped on some ice on the steps at the University of Maine in Farmington and was quite bruised and has to stay in bed for two or three days. She had x-rays. Get better quick. Santa is around the corner, love, Aunt Doris.

Mr. and Mrs. Herbert Stevens have moved into their trailer and they like it. Sympathy is extended to Louvie Co-

fin and family in the passing of her sister Madelyn Jacobs.

Friday, Dec. 13 Sharon Silver went with me to the Oxford Grange Hall to a very good variety show. There was a good crowd.

#### Songo Pond

By ALICE KIMBALL

Recent dinner guests of Mrs. Elmira Doyen were Hugh and Marjorie Awaft of Augusta. Lee Hindman and family of Windsor, John Hindman and friend of Old Orchard Beach, Mrs. Mary Wheeler, Steve Wheeler, Connie Hindman and Mark of Bethel.

Brandon and Tara Salway of Old Orchard Beach, Bernie and Kassi Gatchell and Kathy of Auburn were recent dinner guests here.

Byron and Donna Lapham were dinner guests of the Bill Bancrofts one night last week. Donna drove Phyllis and Bill to Lewiston Saturday.

Mrs. Sharon Hadley and family from South Waterford had Sunday dinner with the Bancrofts.

Mrs. Marion Lapham Arsenault of Norway, a former resident here, underwent breast surgery Thursday at a Lewiston hospital.

I was in Rumford Tuesday morning for my blood test, and Elmira was at her doctors in the afternoon.

Make friendship a fine art. Be a friend, do not take friendship for granted.—Golden Thoughts

#### Andover

East Andover

By KAREN MCKAY

Winners of the Andover class of 1992's 20/20 club raffle, drawn recently were: \$500 prize, Agnes Foster; \$300 prize, Jeff Bailey; \$100 prize, Robert Swain; \$50 prize, Michael Morton; \$50 prize, James Lunney. The following list is of \$25 winners: Stormy Cogley, Ernest Angevine, Brenda Bailey, Carolyn Merrill, Rosemary Casavant, Shirley Doray, Dave Greig, Debbie Richard, Mary Learned, Virginia Morton, Martha Cronin, Judy Kennedy, Viola Yates, Barbara Hayden, John Foster, Avis Patrick, Shirley Gamm, Barbara Simmons, Eric Zale, Cindy Simmons, Alison Roberts, Glenice Roberts, Colleen Jaros, Harry Davis, Nathaniel Thibodeau, and Madeline Wells. The group wishes to thank the community for their support.

The winner of the library's rose bud Christmas tree raffle was Mary Learned.

Congratulations to the Bob and Donna Lemieux family for the birth of Isaiah John, who was born on Nov. 15. Isaiah weighed in at 8 pounds, 3 ounces and was 21 inches long. Welcoming the new brother are Jessica 13, Elijah 7, Ezra 5, Nevah 3, and Tiarah 21 months.

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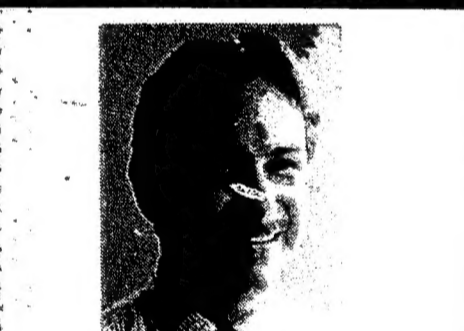
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## Pharmacy & Your Health



David Preble, Prim's Pharmacy

### Blood Pressure Control Without Medicines

High blood pressure is best controlled through a combination of healthy behaviors and the use of medicines, when needed. Some people are able to keep their blood pressure in the proper range for their age by reducing the amount of salt in their diets, staying fit through appropriate amounts of exercise, stopping cigarette smoking, and handling excessive stress properly. If blood pressure is not controlled through these measures, high blood pressure medicines may be necessary.

The benefits of taking high blood pressure medicines every day are well documented. However, some studies suggest that people can sometimes stop taking blood pressure medicines without a rise in their blood pressure. Are there certain situations that may warrant the complete withdrawal of these medicines without risk to the patient? A recent review of 19 studies in which patients actually discontinued taking their high blood pressure medicines provides several clues.

According to the review, which occurred in the *Journal of American Medical Association*, patients most likely to maintain a normal blood pressure drank no alcohol, were of normal body weight, were young, had been controlled with one medicine, and had little or no damage to target organs such as the eyes.

## North Newry

By GIL SEELEY

Guests at Ras and Karlene Bachelder for a Thanksgiving dinner Sunday Dec. 1 was Brent, their son, and Terry O'Doud a friend, both from West Warwick, R.I., Julia Goodwin, Karlene's mother from Unity, Linda Woods from Fairfield, who used to live here in North Newry, and yours truly.

Only three ladies from Newry ventured out in the storm to go bowling. Karlene Bachelder was high single with one string of 118, she also was high on the triples. Eleanor Davis and yours truly trailed behind.

Venison or moose anyone?

Casserole

2 lb. venison or moose stew meat  
1 can mushroom soup  
1 pk. dry onion soup mix

Put meat in casserole, spread the mushroom soup diluted over meat, sprinkle the dry onion soup mix over all. Cover tightly and bake at 325 degrees for about 2 hours. This makes its own gravy and no other seasonings are necessary. Bon Appetit...

The Christmas Tree lighting of Dec. 8 was well represented at the Newry Municipal Building. About 30 people attended, half were children, I think. The tree was lit by Santa (Mat Conkright) and everyone sang carols, etc. All was under the supervision of the recreation committee who took care of the cookie decoration, etc. The Mothers' Club took care of the food, etc. Everyone enjoyed the occasion.

The Newry Mothers' Club held their annual Christmas party on Dec. 9 at the Newry Municipal Building. Attending were: president-Eleanor Davis; vice president-Debbi Taylor; secretary-treasurer-Peg Wight; and assistant treasurer-Olive Anderson; sunshine lady-Mary Morin; Chris Morton, Sylvia Wight, Karlene Bachelder, Helen Morton, Shirley Keith and yours truly. A potluck was enjoyed and secret pals were revealed and gifts were exchanged. Pals for the coming year were picked. Next meeting will be Jan. 13 at 7:30 p.m. at the town building. Snack committee will be Helen Morton, Sylvia Wight and Gil Seeley. Meeting was adjourned. Merry Christmas.

Mr. and Mrs. Frank Lowell, Sr. with Mr. and Mrs. Robert Lowell were guests on Thanksgiving Day at Mr. and Mrs. Frank Lowell, Jr. in Bethel.

Call to Worship Sunday, Dec. 8 at the Newry Community Church with Pastor Rodney Hanson and daughter Nancy at the organ. Scripture reading Isaiah 9:2-7, 1 Thessalonians 5:10, and St. Luke 12:31-40. The message was "For unto us a Child is born, unto us a Son is given."

Mr. and Mrs. Frank Lowell, Sr. entertained a post-Thanksgiving dinner recently. Those attending were:

Howard Lowell, Mr. and Mrs. Oscar Gammon and Mr. and Mrs. Kenneth Cooper all of Buckfield, and Mr. and Mrs. Walter Warren of Mechanic Falls.

The Newry Ladies who went bowling this last week at the Oxford Lanes were: Karlene Bachelder, Betsy Clark, Gil Seeley, Eleanor Davis, Bea Lowell, Sylvia Wight and Olive Anderson. Rens Powers was a guest.

Karlene was high on the singles with one string of 111 and another of 107. She also was high on the triples with a score of 302. On the "Righties" Bea was high on the singles and also on the triples.

## Bryant Pond

By ALICE HOYT

Judith Grover tent #17 met on Tuesday, Dec. 10 for election of officers and Christmas party. Seventeen members plus one guest were present. JoAnn Crockett filled in as guide, Beth Sawyer as patriotic instructor and Bessie House as sr. vice president. The following officers were elected: president-Crystal Chase; sr. vice president-Elsie Stevens; jr. vice president-Althea Bonney; chaplain-Leatrice Chase; treasurer-Edith Hathaway; council members #1-Sally Sawyer, #2-Denise Swan, and #3-Beatrice Farnum; patriotic instructor-JoAnn Crockett. Next meeting will be Jan. 13 with installation of officers and a 6 p.m. supper. Reported on. A Christmas party and tasting party were held. A box was ready to send to Tugus and Alberta Scribner. Voted to send Verna a plant.

Rev. Earle McKinney, minister at the Universalist Church is ill at his home after tests at the Maine Medical Center. Cards maybe sent to him at P.O. Box 130-120 Whitney Rd., Gray, Maine 04039.

Woodstock Senior Citizens held their meeting at Ledgewood with a delicious dinner put on by the Auxiliary. Forty-two attended. Next meeting will be potluck at the town conference room on Jan. 2.

The Firemen's Auxiliary met on Wednesday evening with six members present. Voted to put on the May Senior Citizens dinner and not to have meetings in January and February unless needed.

The Historical Society reclaims old memories. Curator Larry Billings has given the Society a Yankee Magazine Cookbook. In this new issue of Colonial Homes are articles on Woodstock, Vt. and Woodstock, England which might be of interest to read.

The Awana and Sunday School Christmas program and tree will be held Sunday, Dec. 22 at the Baptist church at 6 p.m.

On Sunday, Mr. and Mrs. Harris Hathaway, Mr. and Mrs. Reynold Jor-

dan, Mr. and Mrs. Lawrence Estes and Burton Hathaway celebrated Edith Hathaway's birthday with dinner at the Chef's Table and cake and ice cream at Mr. and Mrs. Lawrence Estes.

## At Andover...

Elderwood Manor Items

by Florence Hall

Anne Fox's son John and wife Virginia Sweat spent Thanksgiving day with her.

Bus riders on Wednesday were Gertrude Hutchins and Anne Fox. Elizabeth Sennett has returned from Thomaston where she visited her daughter.

Mary Thurston and Anne Fox attended the Tuesday lunch at the school.

Louise Powell and Bernice Wing visited Alma Heway.

Nancy Fox, Bethel and Betsy York, South Paris called on Anne Fox.

The Manor Christmas tree has been lighted this week.

Thought of the day: I don't know who my grandfather was; I am much more concerned to know what his grandson will be. Abe Lincoln

Calvary Congregational Church

During our Sunday School Hour (for all ages) we shared a video "Ben and Eddie", which portrayed the biblical truth—Jesus is the reason for the season.

The Annual Christmas Sunday School program will be Dec. 22. The Sunday School should make a special effort to be in attendance for the practice of the program the next couple of Sundays (practice at 9 a.m.).

The choir sang "O Come All Ye Faithful" in the call to worship today. Our responsive reading Matt. 7:18-29, Do and listen to what Jesus says...

Rev. Buzzell continued his series of messages in James 1:22-27 "Hearing and Doing". God is reminding us His truth should be seen, and practiced in our lives, through our speech, remove moral evil, true humanity, not just to listen but be doers of the word. We have the freedom to assemble. We have access to tapes, books, and God's own word to help us do this.

Ladies Bible Study will be cancelled until Dec. 30, which is held in Edna White's home.

Golden days of love and cheer,  
Cherished memories to treasure;  
Thank you Lord, for a lovely year.

Before I forget it I want to wish all my readers a Merry, Merry Christmas and a Happy New Year.

Monday wasn't a very exciting day for us as I did things around the house. Peggy went to do the cards in her stores that she works in twice a week. Russell went for a check up in the afternoon at his doctor's and did a few errands while in town.

Wednesday was my day for North Bridgton and a treatment and Betha

Benoit had come down to go with us as she needed to go to Bridgton Hospital with things to be tested. She has been quite sick with the flu or whatever. However, better now and getting about.

Friday evening, Wynona and the girls came up to go to the concert at the Second Congregational Church in Norway. I had gotten tickets earlier for us and am so glad I had the chance to go. What a wonderful show it was. "Christmas in a Small Town" I believe was the title of it. The church was pretty full and hope their shows on Saturday evening and Sunday afternoon were as good as on Friday evening. It was good to meet a few old friends there and see that Danny Allen still has the wonderful way to direct and produce such a grand performance. It made us feel good to see and hear all that wonderful music. Standing ovations were given to the performers and they sure deserved it. It was a night of enjoyment to me and thanks to my daughter for taking me.

Green Sash day was called off at South Paris grange on Saturday as a storm was predicted. However, we didn't get too much snow and Saturday evening, Russell and Peggy went to West Paris to the dance. Not as many there as they had hoped as it was to benefit Christmas For Children but better than nothing and hopefully folks will give as they would have had they gone to the dance.

Sunday morning, Russell went out and cleared the yard of snow where it had given us more and in the afternoon, Peggy, Russell and I started off for Gray. We stopped and picked up Tom in Norway and he went with us to attend an 85th birthday party for our aunt, Doris Hayes. It was intended to be a surprise party and it surely was a success. Doris didn't suspect a thing as her sisters had come up and taken her to lunch and they were playing cards as they often do when the sisters came to visit. The party was held at Glen and Rachel Hayes and Doris lives in an apartment on the side of the house that was built for her. There were quite a few present but didn't get

the count. I don't dare try to name them all as there were a few that I didn't know. Colista Morgan was there and read a poem she made up for Doris. Very nice. She is a talented lady as well as a nice one to know.

No school one day this past week. If this keeps up the children will be going to school all summer to make up time. Real icy out there.

There will be a benefit dance on Saturday evening the 21st at the West Paris Grange Hall for the Dennis Allen family who lost their home and belongings to fire instead of the 14th as stated in earlier papers. Or at least that is what Russell was told on Saturday evening at the dance at the West Paris Grange Hall. Hope this is right and folks can come to help out.

Mary called and the only other news is Jeremy Allen spent the weekend with his sister Delilah at the Lovejoys.

East Bethel

By NANCY H. MERCER

I would say winter is here. The snow was lovely right after it came.

Alyssa Howe celebrated her 13th birthday on Dec. 6. She had two friends, Monica Bean and Karen Wheeler, down to help celebrate and stay over night.

Ryan Bernier will be home on Dec. 18 for Christmas leave from the Air Force.

Chad Pelletier, Ryan's cousin, will also be home on leave in Manchester, N.H.

Mary Smith was at the Bernier's for Thanksgiving dinner.

Ken Scribner had Thanksgiving dinner with friends in Oxford.

Charlene Haines and daughter, Denise, Daisy Colledge and daughter, Denise, and Nancy Mercer were in the big city on Dec. 8 to do Christmas shopping. The place was mobbed.

Alder River Grange #145 will hold a regular meeting Dec. 20 at Stanley Howe's home on Broad Street at 7:30 p.m. This is a Christmas meeting, please bring a gift marked for a man or a woman.

Greenwood City

By COLISTA MORGAN

On this 9th day of our last month of this year we are prepared for winter but today has been like April, warm

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The Bethel Alliance Church would like to take a moment of your time to invite you and your families to be our guest for our Celebration and Worship Services during this Christmas Season. (Sundays at 10 AM)

Also we wanted to invite you to our Carol & Candle Light Service Christmas Eve, (Dec. 24) at 7 PM.

Christmas

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<b>Brass/Glass Serving Cart</b> <b>Sale \$65</b> <small>Reg. \$99.95! While they last (no raincheck).</small>	<b>Swivel Rocker</b> <b>Sale \$169.</b> <small>Reg. \$249.95. Ladies. Great X-mas gift, good selection.</small>	<b>Hotpoint Dishwasher</b> <b>Sale \$239.</b> <small>Reg. \$319. Undercounter, 4 cycles, 6 options, 2 level wash.</small>	<b>13" Remote TV</b> <b>Sale \$199.</b> <small>Reg. \$275.95. Sharp 13" color tv, remote control.</small>
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# Wolf hybrids

Continued from page 1

Owners should take all precautions to see that these situations do not occur.

"While hunting and killing are learned skills in the wild, predation in and of itself is instinctual; an unattended toddler running and screaming can induce predatory responses varying from playful grabbing of clothes to a full attack. Toddlers and infants are physically unlike adults and their different sounds and actions can also scare a naturally timid hybrid. Only a fool would leave an unattended child with any large canine!"

"It's hard to fight the bad press," Gardner said. "They do pose a danger to toddlers and infants. I have a five-month-old baby and I wouldn't leave her with one. It's a matter of intelligence. I won't leave a baby with any large dog."

Bethel veterinarian Jim Hudson, who treats Gardner's animals, agrees on the need for caution. "Sometimes hybrids may be a little more unpredictable, but you can get that with any animal—whether it's a shepherd or a poodle. Anything with wild blood in it you need to be careful with. (Kids) walk right up to them and grab them by the ear or stick their face in their's. It's not a good idea with any animal to do that. It's usually how they've been raised—like with a doberman or a pit bull. If they've been raised by a jerk, they'll be a jerk too."

Anyone considering adopting a wolf hybrid should have the knowledge to raise it correctly and get a young pup from a reputable breeder, Gardner said. Animal shelters are not the place to obtain a hybrid, he said.

"I don't think shelters should adopt wolf hybrids out to anyone," Gardner said. "You're not talking about a shepherd or a collie. You're talking about an animal that's part wolf. They're a life-long animal, if you're going to get one you need to keep it where it's going to be safe and keep it for life. They're monogamous and they don't bond well when they're older."

## Bonding and caring for hybrids

One of the most difficult tasks when adopting a wolf hybrid is figuring out just how much wolf is in the dog, Gardner said.

Wolf hybrids are a product of captivity. Their traits come from both dogs and wolves and they are capable of reproducing. The Northern Wolf Pack Alliance recommends that people buy from reputable breeders who recognize only those hybrids that are of malamute, husky or shepherd blood. The alliance says that these breeds of dog are the most lupine in body type and produce hybrid offspring with reasonably stable personalities.

Gardner defined a reasonably stable personality "as a consistent personality that you can get to know and expect that personality to remain consistent—not changing—stable," he said.

The amount of wolf blood varies from animal to animal. Gardner said most hybrids are sold on percentage-wolf basis, but that may be misleading.

In their pamphlet on hybrids, The Northeastern Wolf Pack Alliance quotes the International Wolf Center as saying, "When one breeds a purebred dog to a pure wolf, the offspring inherit a set of genes from each parent, and are indeed 50-50, that is, one half dog and one half wolf. When these animals are bred to other 50-50 hybrids, however, there is no way to calculate or manipulate which genes they pass on to their offspring. As a result, these offspring may inherit a majority of the dog genes from both parents and would therefore be predominantly dog, both physically



CATCH ME IF YOU CAN—Wolf hybrid Kiska and owner Uel Gardner get some exercise on a Gould Academy green. Kiska is about 60 percent wolf, Gardner said, and she rules the roost over her companion hybrid Zuni, who is 90 percent wolf, and younger but larger than Kiska.

(Photo by Wendy Hanscom)

and behaviorally. Or, conversely, they could be predominantly wolf, or any variation and combination in between."

Gardner said Zuni is about 90 percent wolf and the rest malamute. Kiska is about 60 percent wolf and the rest malamute/shepherd. Zuni is larger and looks more like a wild wolf than Kiska. Both dogs are well behaved and friendly.

Owning a full blooded wolf in Maine is illegal, but it is legal in other states. Eskimos also own and breed hybrids for sled pulling, Gardner said. Most full blooded wolf breeding is done by research institutions and zoos, he said. Legally, any hybrid breeding with a full blooded wolf is done outside the state of Maine. But once any domestic dog blood is in an animal it is no longer considered a wolf by the state, he said.

"Before buying a hybrid, you should talk to other people who've bought cubs," he said. "See a picture of its parents and grandparents. I, and most people in the alliance, know who's reputable or not. Hybrids are not for everyone and not for people who want a macho wolf-dog. They're shy animals."

An adopted hybrid needs a strong pen, Gardner said. The enclosure should be fairly large to allow the animals room to roam around. His own pen is 28-by-28 feet with seven-

and-a-half foot high walls, so that the animals can't jump out. He's also has fencing buried two feet into the ground to prevent them from digging their way out.

A solid pen protects people and the hybrids from each other, Gardner said. "For their own safety I only take them out on a leash," he said. "When they were pups I let them run, when I could still out run them. They'll chase anything that moves and probably catch it. They haven't learned to kill, but I've seen them catch birds out of the air, but I've also seen a two-pound woodchuck hold them off. They like people, but they're naturally shy. They have no reason to distrust people."

The hybrids receive the same medical care and shots that dogs do, according to Hudson and Gardner. The animals have no special health problems, they said.

Gardner said that the attachment between the hybrids and himself is much stronger than with a pet dog. But, he acknowledged, it was difficult to put into words why he felt so strongly about hybrids.

Gardner's main role with the Northeastern Wolf Pack Alliance is educating the public about wolf hybrids and wolves. Anyone who wants more information can write: Northeastern Wolf Pack Alliance, Education Project, P.O. Box 592, Bethel, Maine, 04217.

## Locke Mills

By LORRAINE MILLS

The Christmas Cantata, "When Love Was Born," will be presented by the Locke Mills and Rumford Point choirs at the Locke Mills Union Church on Dec. 22 at 7 p.m. A social hour will follow.

Mary Mills visited her sister, Cecile Winslow at the Buck Hill Apts. in South Paris Tuesday and also her nephew, Leland Farr, at the Market Square Health Care Facility.

John and Lorraine Mills attended the annual Christmas party of Praise Assembly of God at the home of the pastor Rev. Robert Rainville and Denise in Rumford Center Thursday evening. They enjoyed games, carols, refreshments and a "Yankee Swap."

Those attending besides the Rainvilles and Mills were Alan Larsen, Dot and Roger Chopping, Sandy and Craig Nash, Anne and Charlie Glazier, Alice and Carolyn Merrill, Mary Alice and Jim Clark, Linda Hughes, Pam and Roland Laliberty, Tracy Nash, Owen and Debbie Brown, Wanda and Allen Hutchison and two guests.

Lee and Mary Mills entertained their children, Elaine and Margaret Mills, Janice Mills, Dwight Mills and grandsons Dusty Mills of Rumford and

Jason Rowlands of Manchester, N.H. on Thanksgiving.

Expected home for Christmas are Todd Swan and Ricky Roy from the Armed Services and Ralph Mills, Colchester, Vt. and no doubt those in college. It is always good to see the young people back for a visit.

The dog license tags have not yet arrived at the town office which is unusual since they are due Jan. 1. I will try to put it in the column when they arrive and of course dog owners can always check with the town office.

Margery Swan tells me she is recuperating slowly from her car getting bumped in the rear by a large truck last October. Those kind of accidents always do such a number on

one's neck and spine. We wish her a speedy recovery from now on and hope the new year will bring good health.

## So. Woodstock

By OLIVE R. DAVIS

The Bryant Pond Historical Society is trying to help you recapture yesterday's experiences. The Society wants you to develop an appreciation for what the State of Maine had to offer in the past. The historical museum is a place to discover these exciting things.

Some late donations are Larry Billings gift of some filing cards to the museum and some paperback books on history and a timed watch show case for small articles.

Ben Conant donated newspaper clippings to the Society, too.

I had a call on one of my items that an error had been made. I'm sorry. It said Michael Moore and Ty Devlin were not at Mr. and Mrs. Dillingham for Thanksgiving time. I hope this corrects my statement.

Mr. and Mrs. Arthur Andrews have been staying with me this week after bringing me home from the hospital.

Roger Benson plowed our road for us on the first and second storm. We were thankful for this kind deed when we arrived home from the hospital. We had to sand the whole road but we did get up in the doorway. Thanks Roger. Carol Stevens stayed with Olive Davis Friday night.

The Willing Workers will hold their Christmas party on Dec. 11 at Market Square Restaurant. They will be honoring the retiring president Andrea Wing. She has helped the Willing Workers a lot.

Mr. and Mrs. Nicholas Clements entertained their families at Thanksgiving this year. The folks that attended: Nicholas brother and three nephews, Marta, brother John Rohde and her mother, also three of the Clements sons were home. They had a jolly time and that's what counts.

We had quite a heavy snowstorm Saturday. Thank you Ken and Alice Hoyt for the get well cards and the others who have sent cards. I truly appreciate your thoughtfulness.

Mr. and Mrs. Arthur Andrews visited their aunt Olive Davis Sunday.



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**GIFT CERTIFICATES:** Something for everyone. Certificates start at \$25 and can be applied to food, beverage, X-C trail and golf green fees, lodging, country club memberships, even gifts in our gift shop and ski center.

**CHRISTMAS DINNER:** From our traditional turkey, roast duck, ham to leg of lamb... served in our festive dining rooms. Entrees start at \$13.95 with a children's menu starting at \$4.95.

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All of our facilities are now open for the season and we serve breakfast, lunch and dinner, daily.

Try our luncheon at the Rec Center for soups, salads, fish and chips, deli sandwiches and char-broiled burgers.

## BETHEL SENIOR CITIZENS

The Bethel Senior Citizens met recently in the American Legion hall in Locke Mills with 64 present. The meeting started with the salute to the flag.

Birthdays for December are: Ernest Perkins, Gertrude Hutchins, Harold Powell, Sarah Stevens, Julia Brown, Edith Rowe, Mary Paine, and Edna York.

The next meeting will be Jan. 8, at the Congregational Church in Bethel. Everyone was reminded to remember the shut-ins this Christmas.

Lindley Wieden gave the blessing, followed by a delicious roast pork dinner ending with apple crisp and ice cream. The poinsettias used as decorations will be given to shut-ins after the party.

Our president, Helen Saunders, was presented with a gift in appreciation for all the wonderful things she has done for us this year.

Edna York shared some Christmas readings with us and Ginny Walker led us in singing Christmas carols, which ended a very pleasant evening.

## UNITED METHODIST WOMEN

The Bethel United Methodist Women met Friday, Dec. 6 for its annual Christmas party.

A delicious potluck and ham dinner was enjoyed. Sixteen present with guests Barbara Mahler and little Sarah Gamble. The tables were prettily decorated in Christmas decor, hosted by the officers.

Muriel Faudi gave the opening

prayer and read several of her original poems. Jane Gamble sang a Christmas song.

Betty Blake gave a report on the earnings from the Friday Gift Shop and the Fall Fair. Members each brought a decoration and put them on the tree, which was very pretty. Betty Perkins played Santa and gifts were exchanged.

Birthdays of the month are Musa Brown, Jane Young, Mary Paine, Verena Dyke, Sarah Stevens and Edna York.

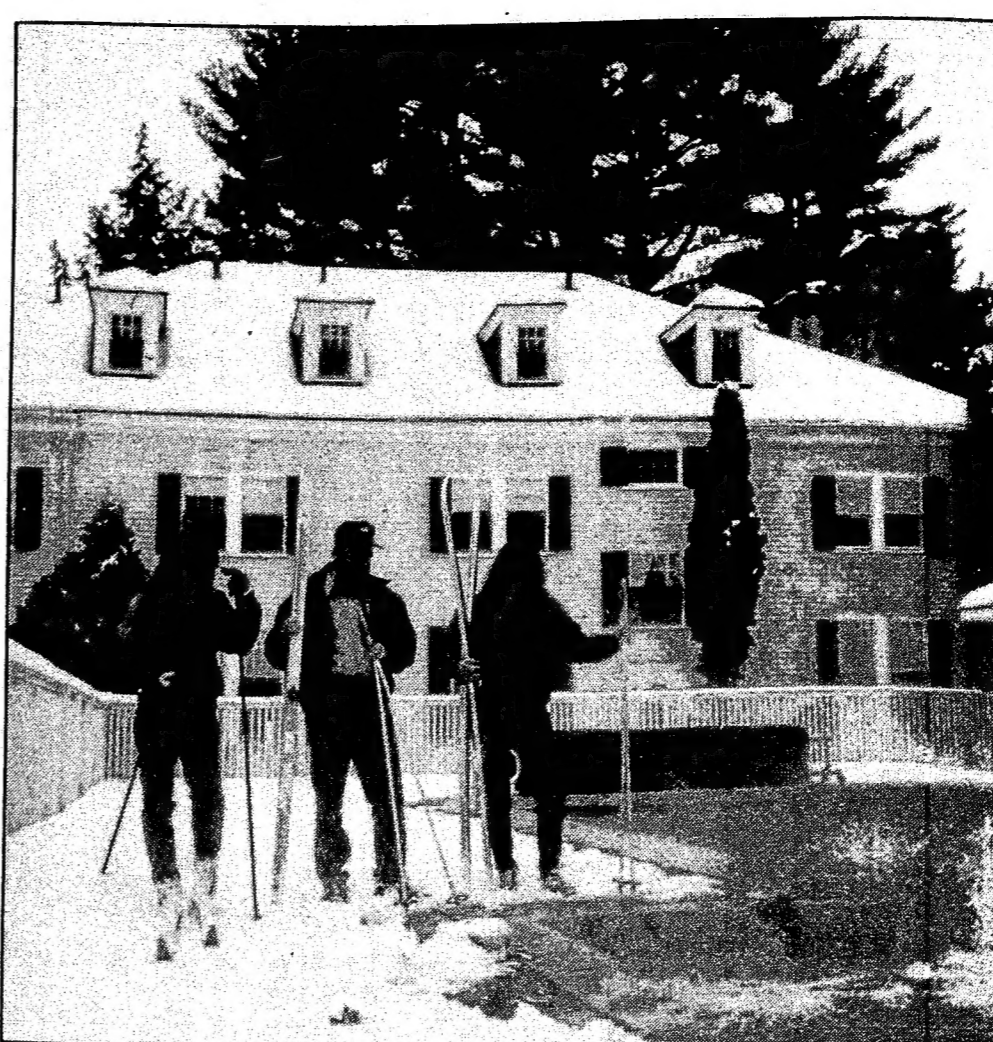
Next meeting is on Jan. 2, at 1:30 p.m. in the church dining room. Program: "Prayer and Self Denial" will be under the care of Edna York.

## Local women complete drug abuse training

Nancy L. Cross of Bryant Pond and Katherine Cole of Bethel recently completed training which certifies them to present the BABES (Beginning Alcohol and Addictions Basic Education Studies) program.

Cross and Cole completed a three-day intensive training program on Dec. 5-7 in South Paris. The women are now certified presenters of the program.

BABES is aimed at preventing alcohol and other drug problems. It is sponsored by the National Council on Alcoholism and Other Drug Dependence in Maine, Inc. The program is currently being offered statewide in schools, churches and child care centers.



**THE BEST OF BOTH WORLDS**—Sally Sawyer, left, cross country ski director at the Bethel Inn and Country Club, discusses trail conditions with skiers David and Karin Arsenault and bathers Michael and Louanne Thibodeau, all of Rumford. The inn now offers skiers use of its heated pool and recreation center, every day except Saturday.

## Ski and dip at Bethel Inn

The Bethel Inn and Country Club is offering a unique experience for cross-country skiing enthusiasts this winter.

Skiers purchasing a trail pass at normal rates are now entitled to also use the Inn's outdoor pool, heated to 91 degrees, its built-in jacuzzi, saunas and fitness room from 2 to 4 p.m. every day except Saturday.

Trail fees are \$7 during the week and \$10 on weekends.

Sally Sawyer, head of the Inn's cross country skiing activities, said "I don't know of another ski center in New England where skiers can finish their day on the trails with a swim and sauna. What could be better after skiing our 36 kilometers of groomed trails than a relaxing swim and hot tub outdoors?"

According to Sawyer, skiers simply present their trail pass at the Inn's Recreation Center and they are accorded full use of the facilities.

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## The Community Calendar is brought to you by

Thursday, Dec. 19: Sounds of December, Crescent Park School Holiday Concert, Telstar Regional High School, 7 p.m.  
Sexual Harassment Policies in the Workplace, a workshop for employers concerning changes in Maine law, Restlin Conference Center, Rumford, 9 a.m.-noon. Registration: SAD #44 Adult and Community Education, 824-2780.  
Friday, Dec. 20: Yulefest Performance at Gould Academy. Singing, dancing and music to celebrate the winter solstice at 7:30 p.m. in

the Bingham Auditorium. No charge.

Saturday, Dec. 21: Benefit Dance for Dennis and Diane Allen, West Paris Grange Hall, 8 p.m.-12. "The Light of the World," Christmas Program at Pleasant Valley Bible Church, Flat Rd., West Bethel. The program begins at 6:30 p.m. and everyone is welcome.

Sunday, Dec. 22: Christmas Cantata, "When Love was born." Locke Mills Union Church at 7 p.m. Community Ski Day, Sunday River Ski Resort, for all residents of SAD #44. Free skiing, equipment rental and, for those 13 and older, Guaranteed Learn to Ski package.

Episcopal Church meets every fourth Sunday at 4 p.m. at Bohr's on Chapman Street. The next meeting is Dec. 22 at 4 p.m.  
Tuesday, Dec. 24: At the West Parish Congregational Church, 7 p.m., readings and carols, 11 p.m. communion.

SAFE is a free and confidential support group for presently or formerly abused women located in Bethel. Meetings are held Tuesdays, 9-10:30 a.m., and Thursday evenings, 7-8:30. Child care is available. Call SAFE at 824-3600 for more information.

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Andover Library Hours: Tuesday, Thursday and Saturday, 1:00-4:30 p.m.; Thursday, 6 to 8 p.m. Tel. 392-4841.  
Bethel Library: hours: Monday,

9 a.m.-1 p.m.; Tuesday, 1-5 p.m.; Wednesday, 1-5 p.m.; 6-9 p.m.; Thursday, 1-5 p.m.; Friday, 4-9 p.m.; Saturday, 1-5 p.m. Betsy Raymond, Librarian.

Whitman Memorial Library, Bryant Pond: Tel. 665-2605. Library hours: Tuesday and Thursday, 10 a.m.-4 p.m.

Hamlin Memorial Library, Paris Hill: hours: Tuesday-Friday, 11:30-5:30; Saturday, 10-2; Wednesday evening, 7-9. Telephone: 743-2980.

West Paris Library, West Paris: hours: Monday, 3-5 p.m.; Wednesday, 1:30-7 p.m.; Friday, 1:30-5 p.m. Gardner Roberts Memorial Library, Hanover: hours: Wednesday, 10-12 through July and August. Story Hour, 10:30 a.m.

REACH — Sexual Abuse Helpline, 743-9777. Serving victims of sexual abuse—past or present. 24 hour service in Oxford County.

Every Wednesday: Gilead Board of Selectmen meets at the Town Office, 7 p.m.

First Wednesday of Each Month: Purity Chapter #102, OES, 6:30 supper, 7:30 meeting.

Greenwood Historical Society meets at the Society Building, Main St., Locke Mills, 7:30 p.m.

Sons of American Legion, 7:30 p.m., Jackson-Silver Post #68, American Legion, Locke Mills.

Woodstock Planning Board meets at the Town Office.

Every Thursday: West Paris Board of Selectmen meets at the Town Office, 6:30 p.m.

Game Party, Mundi-Allen Post, Bethel. Doors open 5:30 p.m.

First Thursday of Each Month: United Methodist Women meet at the Bethel Methodist Church at 1:30 p.m.

Upton Board of Selectmen meets, 6 p.m.  
Bethel Historical Society, Dr.

Moses Mason House, 7:30 p.m.

Newry Fire Auxiliary meets at the Town Office, 7:30 p.m.

Second Thursday of Each Month: Board of Directors of Bethel Area Chamber of Commerce meets at the Casco Bank, 7:30 a.m.

Bethel Lodge #97, AF & AM.

Second and Fourth Thursday of Each Month: S.H.A.R.E. support group for bereaved parents suffering loss of an infant or miscarriage, at Stephens Memorial Hospital, 7-9 p.m. For information, call 824-2913.

Third Thursday of Each Month: Fish & Game, at the Bethel United Methodist Church; potluck supper 6 p.m.; meeting at 7 p.m.

Windy Valleys Snowmobile Club, at Newry municipal building, 7:00 p.m., meeting.

Every Friday: Friday Gift Shop, at the Bethel United Methodist Church, during summer, 1-5 p.m.

Game Party at Jackson-Silver Post #68, Gore Road, Locke Mills, 6 p.m.

Third Friday of Each Month: Mt. Abram Lodge, IOOF, 7:30 p.m.

Second Saturday of Each Month: Woodstock Historical Society, 7 p.m., Woodstock Historical Society Museum, summer months.

Fourth Sunday of Each Month: Episcopal House Church at the Bohrs on Chapman Street, Bethel, 5 p.m.

First Monday of Each Month: Newry Community Church Ladies' Circle, 7:30 p.m.

Second Monday of Each Month: Newry Mothers' Club meets, 7:30 p.m.

First and Third Monday of Each Month: Bethel Board of Selectmen meets at the Town Office, 7 p.m.

First Tuesday of Each Month: State Representative Rick Bennett will be at the meeting of the Greenwood Selectmen at the Town Office,

Locke Mills.

Second Tuesday of Each Month: Mundi-Allen Post, American Legion, meeting at 7:30 p.m.

LaLeche League meets at Bethel Area Health Center, 7 p.m. Call 836-3567 for more information.

Bethel Snow Twisters, meet at Casco Bank, 7 p.m., fall and winter months.

Every Tuesday: Bethel Rotary Club meets at The Bethel Inn, 7:30 a.m.

First and Third Tuesday of Each Month: Cross Country Quilters meet at the Bethel Library, 9-11 a.m.

Bethel Lions Club meets at the Bethel Lions Den, Main St. Social hour—6:30-7 p.m.; Dinner at 7 p.m. and meeting follows.

First and Third Tuesday of Each Month: Woodstock Board of Selectmen meets at the Town Office, 7 p.m.

Every Tuesday: Greenwood Board of Selectmen meets at the Town Office, 7 p.m.

Andover Board of Selectmen meets at the Town Office, 8 p.m.

Newry Board of Selectmen meets at the Town Office, 9 a.m.

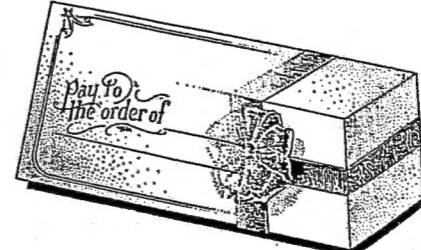
Second and Fourth Monday of Each Month: SAD #44 Board of Directors meets in Bethel, Woodstock or Andover.

First Wednesday of Each Month: Woodstock Planning Board meets at the Town Office.

First and Third Wednesday of Each Month: Newry Planning Board, Town Office, 7 p.m.

Second and Fourth Wednesday of Each Month: Bethel Planning Board meets at the Town Office, 7 p.m.

Items for the Community Calendar may be brought to The Citizen office or called in or phoned in, 824-2444.



## It Pays to Think Ahead!

Join our 1992 Christmas Club now. Receive a free gift while supply lasts.

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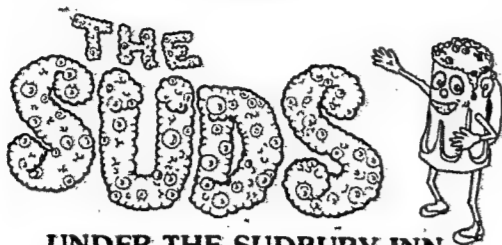


## Dining & Entertainment

### Help Us Help Others This Christmas

Join us for our Christmas party Sunday nite, 12/22 with the Darien Brahms Band!  
Give-a-ways • Great Music • Good Cheer  
Cover charge will be 1 non-perishable food item or \$1 to be donated to a local food bank.

Thurs. Nite:  
**HOOT NITE**

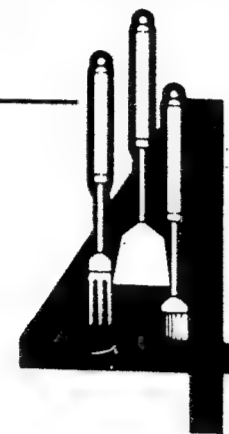


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**BLUE WILLOW**

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The upstairs bar &  
dining room will be  
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**HAPPY HOUR**  
Everyday 'til 6:30 PM



**GREAT RESTAURANTS**  
& all of them at the mountain



Rossetto's is open every  
evening from 5 p.m.  
except for Mondays



**Saturdays Cantina.**  
Is the hot tamale  
on the mountain.



Opening December 20



Entertainment Every Night  
December 26-31

Join Us for the Holidays!

**Sunday river**  
824-3000



MOTHER'S NEW ROOM—John Marshall and Tom Varney prepare to install windows in the newly enclosed porch addition at Mother's Restaurant in Bethel. The addition will seat 20 customers and is expected to be ready for business just in time for the busy holiday break. (Photo by Michael Daniels)



**Baked Bean SPECIAL**  
every Saturday  
• 1 Qt. Beans  
• 1 Pint Cole Slaw  
• 4 Hot Dogs  
• 4 Rolls \$5.95  
**Hometown Bakery**  
Main Street • Bethel  
Mon. - Sat. - 6:30 a.m. - 5:00 p.m.  
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Try our: Breads, Rolls, Pies,  
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The Olde Rowley Inn, one of Maine's  
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Serving Dinner 5 p.m. - 9 p.m.  
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Free glass of champagne to every  
midnight diner New Year's Eve.

### We're Only 15 Minutes from the Mtn!

**WEEKEND SPECIAL: \$10.95**  
**FRIDAY & SATURDAY NIGHTS: The Underachievers**

Join the area's only  
**POLAR BEAR CLUB**  
First Jump-In  
Dec. 23 • 7:30 PM  
75¢ Drafts...  
Win Free Prizes  
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**UPCOMING ENTERTAINMENT:**  
• Blind Drive  
• Moot Point Band  
• 4-Wheel Drive  
• Bad Boy  
• Rattlesnake Shake  
• Swift Ice Cubes  
**Wednesday Night:**  
Jam Night

**The Boiler Room Restaurant & Night Club**  
Rt. 26 • Bryant Pond • 665-2500

Reservations Accepted • Wed. & Thurs. 4 pm-9 pm • Fri. 4 til;  
Sat. 12 noon til; Sun. 12 noon-9 pm • Closed Mon. & Tues.

### Sunday River Inn hires new rental/school director

Scott Finlayson of Portland has been named director of ski school and ski rental operations at Sunday River Cross Country Ski Center. Prior to coming to Newry, Finlayson worked as ski and bike shop manager for L.L. Bean's retail store in Freeport.

"We are extremely pleased to have Scott on our staff," said Steve Wight who with his wife Peggy owns and manages the Center. "Scott's knowledge of the sport of cross country skiing and his extensive contacts in the industry are of great benefit to our staff members and our customers. His presence is one more element in insuring a busy, exciting, and fun season."



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**MOTHER'S LUNCH CLUB**

Buy 12 lunches...  
get one free!  
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Stop in for lunch and pick  
up your card today!

"Strange to see how a good dinner and feasting  
reconciles everybody." Samuel Pepys, 1665

### APPETIZERS & SNACKS

<b>Soup of the Day</b> Homemade soups simmered in our kitchen	\$2.50 / \$3.00	<b>Stuffed Mushrooms</b> Mother's favorite with cheddar & walnut stuffing	\$3.95
<b>Chili</b> Mother's own - medium hot	\$2.50 / \$3.00	<b>Warm Brie &amp; Fresh Fruit</b> Served with French bread	\$3.50
<b>Maine Smoked Seafood Sampler</b> A tasty variety of Maine seafood served with apple chutney	\$7.25	<b>Nachos</b> The ever popular Mexican dish, a simple version with cheese, medium hot salsa & cilantro	\$4.00

### SALADS

<b>Fresh Spinach &amp; Mushroom</b> With sliced mushrooms, red onions & Maine apple chunks and hot bacon dressing	\$3.95	<b>Caesar Salad</b> Romaine lettuce, anchovies & croutons with caesar dressing	\$4.25
<b>Mother's Garden</b> An array of fresh vegies on a bed of romaine & green leaf lettuce	small/large \$1.95/\$3.75	<b>Caesar Salad</b> With grilled chicken or smoked seafood	\$6.25
<b>Tomato, Provolone &amp; Basil</b> Alternating layers of sliced tomatoes, provolone, cheese & fresh basil drizzled with olive oil	\$3.75		

### SPECIALTIES

<b>Baby Back Ribs</b> Charbroiled with lemon BBQ sauce	half / full \$7.95 / \$11.95	<b>Maine Crabmeat Cakes</b> A Maine delicacy accompanied with horseradish tartar sauce	half / full \$5.50 / \$10.50
<b>Fondue For Two</b> A pot of bubbling cheeses served with chunks of French bread & small salads	\$14.50		

### SANDWICHES

<b>Mother's Love</b> An old favorite, warm turkey & melted cheese in pita bread	\$4.75	<b>Nor' Easter</b> White fish fillet with bacon, cheese, lettuce & tomato on french bread	\$6.95
<b>Grilled Chicken</b> With lettuce, tomato & honey mustard sauce on bulky roll	\$5.95	<b>Grilled London Broil</b> With sauteed onions on French bread served with horseradish mayonnaise	\$5.95
<b>Cajun Chicken</b> Spicy hot grilled chicken with lettuce & tomato on bulky roll	\$6.25	<b>Grandmother</b> Corned beef, bacon, tomatoes & melted swiss cheese	\$5.50
		<b>Ma-Ma-Mia</b> Hot Italian sausage with sauteed onions & peppers in a spicy marinara topped with melted cheese	\$5.75
		<b>Wok Pocket</b> Sauteed vegies with a ginger soy sauce in pita	\$4.50
		<b>Smoked Salmon &amp; Herb Cheese</b> On French bread - Delicious!	\$6.50
		<b>Maine Street Burger</b> 6 oz. burger with sauteed onions, mushrooms & melted swiss cheese on hard roll	\$5.75
		<b>Hamburger</b>	\$4.95
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## THURSDAY EVENING DECEMBER 19, 1991

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Cheers	M*A*S*H	Movie: "Scrooge"				Hogan	M*A*S*H	Newhart	
(4)	Monitor	Arctic	Hunters	G.I. Diary	Beyond 2000		America Coast to Coast	Natural World		
(5)	Waltons		My Dog	You Asked	Father Dowling		700 Club	Bordertown	Denver-Rio	
(6)	Cosby	Night Court	Cosby	Dif. World	Cheers	Wings	L.A. Law	News		
(7)	Fortune	Jeopardy!	Pros & Cons		FBI-Story	Detective	Primetime Live	News	Nightline	
(8)	MacNeil/Lehrer	Maine	Maine	Mystery!			Emmerdale	Butterflies		
(11)	SportsCtr.	College Basketball: Mississippi State at Vanderbilt	Boxing: Iran Barkley vs. Kevin Watts					SportsCtr.		
(12)	VideoPM	Be a Star	Christmas	Mus. Shop	Nashville Now		Crook	Christmas	Mus. Shop	
(13)	Entertain.	Edition	Top Cops		Trials of Rosie O'Neill	Knots Landing		News	Stalkings	
(14)	Don Cherry	NHL Hockey: New Jersey Devils at Hartford Whalers					Football	College Hockey		
(17D)	Moneyline	Crossfire	PrimeNews		Larry King Live		World News	Sports	Moneyline	
(18E)	"The Freshman" Cont'd	National Lamp. Christmas			Movie: "Enrapture"			"The Sheltering Sky"		
(20G)	Bruins	NHL Hockey: Pittsburgh Penguins at Boston Bruins					WinterSpeed	Hockey		
(21H)	China Beach		L.A. Law		Movie: "The Killing Mind"			Spenser: For Hire		
(22)	Addams F.	Sanford		Movie: "Funny Girl"						
(24K)	Christmas	Looney	Mork	Superman	Van Dyke	Get Smart	Dragnet	Hitchcock	Gr. Acres	Mister Ed
(26M)	MacGyver		Murder, She Wrote		Movie: "Can't Buy Me Love"			MacGyver		
(27N)	David Letterman		Dinosaur!		Brute Force: Weapons	America's Secret War		Evening at the Improv		
(29P)	Seems Like Old Times	Play by Play: Sports TV			Brute Force: Weapons	America's Secret War		Evening at the Improv		
(31R)	Disney Christmas		Movie: "Back Home"			Bing Crosby Christmas		Movie: "Boys Town"		
(32S)	Gimme B.	Cosby			Nicholas Nickleby			Love Boat		
(34U)	Jeanie	Be Told			Movie: "Gentle Savage"			News	Night Court	Kojak

## FRIDAY EVENING DECEMBER 20, 1991

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Cheers	M*A*S*H	Santa Claus		Chr. Cartoon		ALF	Hogan	M*A*S*H	Newhart
(4)	Monitor	Huskies	Wildlife	Wildlife	Choppers	Firepower	World War II		Tomorrow	
(5)	Movie: "It Came Upon the Midnight Clear"				Father Dowling		700 Club	Bordertown	Bordertown	
(6)	Cosby	Night Court	Matlock		Pacific St.	Dear John	Reasonable Doubts	News		
(7)	Fortune	Jeopardy!	Family	Step by S.	Strangers	Baby Talk	20/20	News	Nightline	
(8)	MacNeil/Lehrer		Wash. Wk.	Wall St.	"Amazing Grace With Bill Moyers"		Ye' Good	Man in the Suit		
(11)	SportsCtr.	Ski World	Skiing: U.S. Pro Tour	Rodeo: National Finals - Championship Round			SpeedWk.	SportsCtr.		
(12)	VideoPM	Be a Star	Daniels	Texas	Nashville Now		Crook	Daniels	Texas	
(13)	Entertain.	Edition	Charlie Br.	The Wish		Movie: "Moonstruck"		News		
(14)	Pregame	NBA Basketball: Utah Jazz at Boston Celtics					Rinkside	Football	NBA Basketball	
(17D)	Moneyline	Crossfire	PrimeNews		Larry King Live		World News	Sports	Moneyline	
(18E)	Movie: "Oliver!" Cont'd		Movie: "Welcome Home, Roxy Carmichael"				Movie: "Bride of Re-Animator"			
(20G)	Hot Stove Baseball: Chicago White Sox at Boston Red Sox				Aerobics		Around the NFL	Rugby World		
(21H)	China Beach		L.A. Law		Movie: "It Nearly Wasn't Christmas"			Six Ladies Laughing		
(22)	Addams F.	Sanford		Movie: "The Music Man"				Movie: "Runaway"		
(24K)	Pets-Pete	Looney	Mork	Superman	Van Dyke	Get Smart	Dragnet	Hitchcock	Gr. Acres	Mister Ed
(26M)	MacGyver		Murder, She Wrote	Beyond	Bradbury	Swamp	Hitchhiker	Movie: "Hot Chili"		
(27N)	David Letterman		Time Machine		Investigative Reports	Revue		Evening at the Improv		
(29P)	Story by Play: Sports TV		Movie: "The Rookie"				Movie: "The Next of Kin"			
(31R)	Play-By-Play: Snowman		Movie: "Batman"				Movie: "The King and I"			
(32S)	Gimme B.	Cosby			Movie: "The Whales of August"			News	Love Boat	
(34U)	Jeanie	Be Told			Movie: "The Harness"			News	Night Court	Kojak

## SATURDAY EVENING DECEMBER 21, 1991

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Dragnet	Adam-12	Movie: "Harvey"				Movie: "It's a Wonderful Life"			
(4)	Earth	Mutley	Safari				In Celebration of Trees	Stunts	Courage	
(5)	Rin Tin Tin	Stallion	Movie: "The Barbarian and the Gelsha"				Video. Christs.	Bordertown	Bonanza	
(6)	Torkelsons	New WKRP	Golden G.	Walt-Elton	Empty Nest	Nurses	Sisters	News	Sat. Night	
(7)	Fortune	Jeopardy!	Boss?	Gro. Pains	Two Rooms	Elton John	Comish	News	Married...	
(8)	Maine	Black Bty.	Robin Hood		Edward & Mrs. Simpson		Star Cops	Movie: "The Promoter"		
(11)	SportsCtr.	College Basketball: Ohio St. at USC					College Basketball: Kentucky at Georgia Tech	SportsCtr.		
(12)	Ctry. Beat	Church St.	Opry	Grand Opry	Stallier Bros.		Mus. Shop	Opry	Grand Opry	
(13)	Roggy's	NBA Basketball: Boston Celtics at Miami Heat					Star Search	News	Entertain.	
(14)	Golf	Rinkside	NHL Hockey: Hartford Whalers at Montreal Canadiens					College Basketball		
(17D)	Capital	Sports Sat.	PrimeNews	Showbiz	Future		World News	Sports	Capital	
(18E)	"Memphis Belle" Cont'd		Movie: "Lethal Weapon"				Movie: "Coldfire"			
(20G)	NHL Hockey: Edmonton Oilers at Boston Bruins						Golf: Pro-Am Classic	PGA TOUR	Hockey	
(21H)	It Nearly Wasn't Xmas		Movie: "A Hobo's Christmas"				Confession	Hidden	Veronica Clare	
(22)	World Championship Wrestling		NBA Basketball: Atlanta Hawks at Chicago Bulls				U.S. Olympic Gold			
(24K)	Doug	Looney	Christmas	Tattertown	F-Troop	Mister Ed	Van Dyke	Dragnet	Superman	Hitchcock
(26M)	MacGyver		Movie: "A Little Sex"				Hitchhiker	Beyond	Movie: "State Park"	
(27N)	Lovejoy		Movie: "Silent Night, Lonely Night"				Comedy on the Road	Evening at the Improv		
(29P)	Gremlins Two		Movie: "Ghost"				Comedy Hour: Kevin Pollak	"Hamlet"		
(31R)	Movie: "The Christmas Gift"				Movie: "Mark Twain and Me"		Candlelight	It Happened One Night		
(32S)	Power Hits USA		Movie: "The Snows of Kilimanjaro"				News	News '91	Howard Stern	
(34U)	Gidget	Fortune	Bulls Eye	NBA Basketball: Atlanta Hawks at Chicago Bulls				News	They Died	

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television schedule  
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**Crescent Park School**  
**Christmas Fun Day**  
followed by  
**Telstar Middle School**  
**Geography Bee**

Channel IV is the local public access television channel available to subscribers of Bethel Cablevision. Channel IV broadcasts a community bulletin board and special local interest programming.

## SUNDAY EVENING DECEMBER 22, 1991

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	NHL Hockey: Boston Bruins at Montreal Canadiens						Hockey	Manager	Hogan	Sports
(4)	My Dog of Things		Living Planet: Earth		Whitetail Country		Rush: The Fallow Deer		Wings	
(5)	My Dog of Things		Prince Val.	Zorro	Stallion	You Asked	Survival	Charles Stanley	Ch. Lives	Ankerberg
(6)	Grizzly Adams		Hot Country Nights			Movie: "A Mom for Christmas"			News	Sports
(7)	Life Goes On		Videos		Movie: "Raiders of the Lost Ark"				News	First Look
(8)	Faerie Tale Theatre		Nature		Movie: "Heaven on Earth"					
(11)	NFL Primetime		NFL Football: Los Angeles Rams at Seattle Seahawks						SportsCenter	
(12)	American Sports Cavalcade		NHRA		Racing	Bill Dance	Outdoors	Road Test	Speed 'Truckin'	
(13)	60 Minutes		Murder, She Wrote		Movie: "Baby of the Bride"				News	Matlock
(14)	Gold		College Basketball: Holy Cross at St. Peter's		Post Time		College Basketball: UNLV at Eastern Michigan		Sports	Business
(17D)	World	Sport Sun.	PrimeNews		Week in Review		World News			
(18E)	Some-Whatful		Movie: "Kill Me Again"				Movie: "Revenge"			
(20G)	Sportscasters		Tennis: Celeb.		Golf: Pro-Am		To Be Announced			
(21H)	Journal	Milestones	Int'l Med.	Family	Cardiology	Int'l Med.	OB-Gyn.	Family	Physicians	Information
(22)	Movie: "Valdez Is Coming"				National Geographic Explorer				Earth	Grade
(24K)	Rugrats	Looney	Looney	Get Smart	F-Troop	Mister Ed	Van Dyke	Dragnet	I'm Home	Hitchcock
(26M)	Movie: "Strays"				Silk Stalkings		Counterstrike		Silk Stalkings	
(27N)	Wings Over the World				Movie: "Auntie Mame"				Caroline's Comedy Hour	
(29P)	Movie: "Shag" Cont'd				Movie: "Reversal of Fortune"				Comedy Hour	
(31R)	Movie: "The Happiest Millionaire"						Judy Garland Christmas		"Meet Me in St. Louis"	
(32S)	A-Team		Kojak		Pozner & Donahue		News		Paid Prog.	Paid Prog.
(34U)	Christmas Parade		Star Search		Lifestyles-Rich		News		Monsters	Justice

## MONDAY EVENING DECEMBER 23, 1991

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Cheers	M*A*S*H	Movie: "We're No Angels"				ALF	Hogan	M*A*S*H	Newhart
(4)	Monitor	Beer Hunt	Natural World		Christmas Story		World Monitor		Safari	
(5)	Waltons		Prince Val.	Stallion	Father Dowling		700 Club		Bordertown	Flaming
(6)	Cosby	Night Court			Movie: "The Sound of Music"				News	
(7)	Fortune	Jeopardy!	MacGyver		NFL Football: Chicago Bears at San Francisco 49ers					
(8)	MacNeil/Lehrer		Christmas at King's		Great Performances		Canyon	Power	McLaughlin	
(11)	SportsCtr.	NFL Mon.	Schaap	Olympiad: Symphony	Diving: Acapulco Cliff			Speedweek	SportsCtr.	
(12)	VideoPM	Be a Star	Holidays	Christmas	Nashville Now		Crook	Holidays	Christmas	
(13)	Judds Across Heartland		Shade	Major Dad	Murphy B.	Design. W.	Northern Exposure		News	Buller's
(14)	Don Cherry	NHL Hockey: Buffalo Sabres at Hartford Whalers					Celtics Wk		Sportswriters on TV	
(17D)	Moneyline	Crossfire	PrimeNews		Larry King Live		World News	Sports	Moneyline	
(18E)	Armed and Dangerous		Movie: "Impulse"				Movie: "The Godfather"			
(20G)	Hot Stove Baseball: Chicago White Sox at Boston Red Sox						Boxing		Baseball	
(21H)	China Beach		L.A. Law		Movie: "Eye on the Sparrow"				Spenser: For Hire	
(22)	Addams F.	NBA Basketball: Atlanta Hawks at New Jersey Nets					Movie: "They Only Kill Their Masters"			
(24K)	Dangarms.	Looney	Doug	Superman	Van Dyke	Get Smart	Dragnet	Hitchcock	Gr. Acres	Mister Ed
(26M)	MacGyver		Murder, She Wrote		WWF Prime Time Wrestling			MacGyver		
(27N)	David Letterman		David Wolper		Sherlock Holmes	Lovejoy		Evening at the Improv		
(29P)	Tintin		Sitters		Movie: "Beetlejuice"		Movie: "The Rookie"			
(31R)	Rag. Ann	Casper	Child's Xmas		Movie: "Mr. Smith Goes to Washington"				Phildipha	
(32S)	Gimme B.	Cosby	Quincy		New York at Night		News		Love Boat	
(34U)	Jeanie	Be Told			Movie: "Do You Take This Stranger?"			News	Night Court	Kojak

## TUESDAY EVENING DECEMBER 24, 1991

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
(3)	Cheers	M*A*S*H	Movie: "Holiday Inn"				ALF	Hogan	M*A*S*H	Newhart
(4)	Monitor	Beer Hunt	Terra X	Treasures	Invention	Tomorrow		Animal Contract	Wings	
(5)	Waltons		Rin Tin Tin	Survival	Father Dowling		700 Club		"It's a Wonderful Life"	
(6)	Cosby	Night Court	I'll Fly Away				In the Heat of the Night		News	
(7)	Fortune	Jeopardy!	Full House	Home Imp	Roseanne	Coach	Homefront		News	Nightline
(8)	MacNeil/Lehrer		Christmas at Pops		Great Performances		St. Olaf Christmas		Red Skelton	
(11)	SportsCtr.	NFL Great	NFL's Greatest		NFL's Greatest		NFL Moments		SportsCtr.	
(12)	VideoPM	Be a Star	Christmas	Daniels	Christmas Card		Crook	Christmas	Daniels	
(13)	Marie Osmond		Rescue 911		Movie: "Unconquered"				News	Service
(14)	Auto Race	College Basketball: Nevada-Las Vegas at Eastern Michigan						Women's Soccer		
(17D)	Moneyline	Crossfire	PrimeNews		Larry King Live		World News	Sports	Moneyline	
(18E)	"Back to the Beach"		Movie: "Quick Change"				Movie: "Memphis Belle"			
(20G)	NBA Action	Tennis: Forum Challenge - Michael Chang vs. Jim Courier			Golf: Pro-Am Classic				Golf: Pro-Am	
(21H)	China Beach		Best Pageant		Movie: "The Little Match Girl"				Spenser: For Hire	
(22)	Hap. Days	Sanford			Movie: "A Christmas Story"				Movie: "The Bells of St. Mary's"	
(24K)	Dangarms.	Looney	Doug	Superman	Van Dyke	Get Smart	Dragnet	Hitchcock	Gr. Acres	Mister Ed
(26M)	MacGyver		Murder, She Wrote		Movie: "Help!"				"A Hard Day's Night"	
(27N)	David Letterman		Dis Dermaus							
(29P)	Movie: "Popeye" Cont'd		Neverending Story II-Next Chapter				Movie: "Hamlet"			
(31R)	"The Christmas Gift"		John Denver		Movie: "The Bishop's Wife"				Bing Crosby Christmas	
(32S)	Gimme B.	Cosby	Quincy		New York at Night		News		Love Boat	
(34U)	Ice Stars Revue				Movie: "It's a Wonderful Life"			News	Movie: "Scrooge"	

## WEDNESDAY EVENING DECEMBER 25, 1991

	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
3)	Cheers	M*A*S*H	Movie: "The Greatest Story Ever Told"							Newhart
4)	Monitor	Beer Hunt	Challenge		Wings		Christmas Past		Wildlife	Wildlife
5)	Waltons		Big Jake	Mansion	Father Dowling		700 Club		Bordertown	Those Red
6)	Cosby	Night Court	Unsolved Mysteries		NBA Basketball: Boston		Celtics at Chicago Bulls			News
7)	Fortune	Jeopardy!	Dinosaurs	Wonder Y.	Doogie H.	Anything	Dolly Parton Christmas		News	Nightline
8)	MacNeil/Lehrer		Skating Spectacular		Great Performances			Served	Fields	
1)	SportsCr.	Arete Awards	Best of SportsCenter				Baseball		Ski World	SportsCr.
2)	VideoPM	Be a Star	Video Chrsm.		Christmas Card		Crook		Video Chrsm.	
3)	Crystal Gayle's Holiday		Brooklyn Bridge		Jake and the Fatman		48 Hours		News	Crime
4)	Major League Baseball's		Greatest Games		SC's 10th Anniv.		Don Cherry	Skiing	Coach's Show	
5)	Moneyline	Crossfire	PrimeNews		Larry King Live		World News		Sports	Moneyline
6)	"The Buddy System"		Movie: "Roxanne"				Movie: "Lethal Weapon"			
7)	Hot Steve Baseball:	Milwaukee Brewers at Boston Red Sox			Sportscasters		Tennis: Celeb.		Baseball	
8)	"The Little Match Girl"		Movie: "I Nearly Wasn't Christmas"				Six Ladies Laughing	Spenser: For Hire		
9)	Hap. Days	All Family	Movie: "Oh, God"					Movie: "The Miracle of the Bells"		
10)	Dangers.	Looney	Doug		Christmas Night in TV Land					
11)	MacGyver		Murder, She Wrote		Movie: "The Return of the Musketeers"				Xmas Night	
12)	Navid Letterman		Our Century		Fights	Disaster	In Search Of...		Evening at the Improv	
13)	Dallas	Inside the NFL	Welcome Home Heroes			Laughter	Sessions		Crypt Tales	You Can't
14)	Christmas	Mickey	Child's Xmas		Movie: "The Happiest Millionaire"		Dream On			
15)	Gimme B.	Cosby	Quincy		New York at Night		News		Love Boat	
16)	Jeanine	Be Told	Movie: "Treasure Island"				News		Night Court	Kolpak



**MECHANICALLY MINDED**—Dan McGurn of Autotech in Bethel is the New England finalist for the NAPA Auto Parts Auto Service Excellence Technician of the Year. McGurn has been at Autotech for the past three years. He's been a mechanic for the last 30 years. Autotech and McGurn specialize in computer controlled car systems. The garage is open seven days a week 8 a.m. to 5:30 p.m.

### Rotary Club notes

Gabriele Moore of the Rumford American Legion Auxiliary was the guest speaker at the Tuesday, Dec. 10, Rotary breakfast meeting.

She spoke about the SAM program, a drug and alcohol education program geared to third-grade students. She showed us visual aids and printed materials that are given to teachers and students which looked very effective. We are fortunate to have one of these teaching packets at Crescent Park School. Gabriele's organization is hoping to get one into every third-grade classroom in western Maine eventually.

President David Murphy reviewed what the board of directors had discussed at their monthly meeting. Community Service director, Nancy Harrison, made an announcement about the Senior Citizen holiday luncheon to be held Tuesday, Dec. 17, at the American Legion Hall on Vernon Street. Jim Monahan has charge of the kitchen that day. Gifts donated by Rotarians will be distributed to all the folks attending.

David Preble informed the club that the citrus is arriving and can be distributed. It was a successful project this year.

David Murphy also informed the club that the Christmas for Children Campaign will be supplying many

needy families with gifts this year, although donations are coming in more slowly than in the past. Many thanks to all who have donated to this great program.

Ted Davis announced that he and a few of other Rotarians will be assembling 25 or so Christmas food baskets to be distributed throughout the area.

The meeting on Dec. 24 will be back at the Bethel Inn in the South Dining Room. Many thanks to Jack Cronin and the staff at the Sudbury Inn for the great food and service the past few weeks.

### From the Bethel Area Chamber of Commerce

Welcome to our newest members—Black Mountain in Rumford, Jeff Knight manager; and Jose Agel of Lovell, a photojournalist.

Many thanks to the staff of the Sudbury Inn for a fantastic holiday get together on Sunday evening. The opportunity to gather as friends and fellow business people is just great.

The Chamber office has been a busy place as we wrap up our fiscal year and begin planning for 1992.

The board of directors will gather for a retreat on Tuesday, Jan. 14. A representative of the U.S. Chamber of Commerce, Kathy Fish, will facilitate the day's activities. We are all looking

forward to this session.

Robin will be attending a Tourism Partnership Grant review meeting on Wednesday in Augusta. The Chamber is hoping to receive funds to do more trade and travel shows next year as to continue the effort of promoting the Western Mountains of Maine in all seasons.

The Chamber staff of Becky Kendall, Rebecca Lawrence, Diane Wood and Robin Zinchuk would like to take this opportunity to wish all of you the happiest of holidays and a New Year filled with health and prosperity.

### WEST PARISH CONGREGATIONAL CHRISTMAS EVE SERVICES

Christmas Eve worship services will be held at the West Parish Congregational Church in Bethel at 7 p.m. and 11 p.m. The first will combine familiar readings and carols in a service suitable for the whole families.

At the second, carols and readings will be followed by a celebration of Holy Communion. Everyone is invited to attend either or both services.

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2 bath \$165,000

### BROOKSIDE I

2 bedroom, many extras  
\$96,700

### BROOKSIDE II

2 bedroom, 1st floor  
\$87,000

### BROOKSIDE III

2 bedroom, with  
fireplace \$137,500

### MERRILL BROOK III

3 bedroom, 2 bath  
with fireplace \$179,000

### SOUTH RIDGE TOWNHOUSES

2 - 3 bedroom \$107,500  
2 - 3 bedroom with  
basement \$132,000

## Sunday River REALTY

"The Mountain Specialist" at Sunday River Ski Resort

From the white heat of winter to the cool green of summer, Sunday River offers mountain living at its peak...

And Sunday River Realty is the area's only specialist in on-mountain vacation homes.

We offer the largest selection of new and pre-owned slopeside condominiums and townhouses, as well as spectacular on-mountain homesites.



Located at South Ridge Center  
(207) 824-3000

### SUNRISE

"Indoor Pool"

1 bedroom lower  
\$66,500

1 bedroom upper  
\$73,900

### CASCADES

"Indoor Pool"

1 bedroom lower  
\$65,000

1 bedroom upper  
\$65,000

### FALL LINE

Indoor Pool-  
Restaurant in Building

1 bedroom - North  
wing \$60,900

1 bedroom - East  
wing \$62,900

1 bedroom - West  
wing \$68,000

### NORTH PEAK I

2 bedroom \$81,000

### NORTH PEAK II

2 bedroom \$81,900

### NORTH PEAK III

2 bedroom \$84,500

### Bradford House

Boarding Home for the Elderly

Rooms available. Private  
baths, meals, laundry and  
housekeeping provided.

674-3696  
William and Ruth Chick  
West Paris

### Kennett Realty

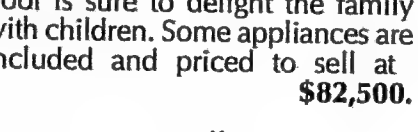
Two locations:  
Main Street, Bethel  
Sunday River Road, Bethel  
824-3187



**MASON TOWNSHIP.** Large three bedroom farmhouse with detached barn situated on 16± wooded acres. Spacious sun room ideal for extra living space. Privacy. Possible owner financing. \$112,000.



**CRESCENT PARK.** Located only minutes from Bethel schools and Main Street businesses, this 5-bedroom ranch with in-ground pool is sure to delight the family with children. Some appliances are included and priced to sell at \$82,500.



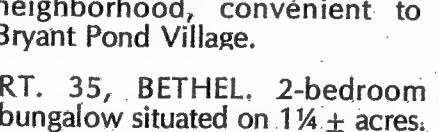
**NORTH POND.** Unique 2-bedroom dome style home in serene setting offers views of North Pond and Mt. Abram Ski area. 150± feet of frontage on North Pond and 1-car garage add to the delight. \$145,000.



**RT. 2 BETHEL.** Slaty two story, 5 bedroom Colonial ideally situated on Rt. 2 in Bethel; only minutes from popular Sunday River Ski Resort. This historic site represents unique B & B possibilities at an affordable price of \$116,000.



**BRYANT POND.** This 5-bedroom Cape with 1-car garage is only minutes from area ski resorts and is priced affordably at \$40,000. Nice neighborhood, convenient to Bryant Pond Village.



**RT. 35, BETHEL.** 2-bedroom bungalow situated on 1¼± acres. Only minutes to Bethel village and area ski resorts. Priced to sell at \$28,500.

**LAND.** Call or stop by for information on our wide variety of land parcels currently available. Sizes and prices to suit the needs of everyone!

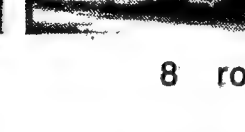
Kennett Realty continues to have a great selection of condos and townhomes available for sale both on and off the mountain. It's not too late to enjoy a unit as an owner during this ski season! Call now!

### Maine Street Realty

#### Sound Investments



4 bedrooms, 2 bath,  
studio apartment  
\$132,000



8 room, 2 bath  
\$148,000



4/5 bedrooms, 3  
baths \$149,000

See yourselves spreading out in one of these spacious homes in winter, enjoying the ambience of the Bethel Village. See yourselves renting your place, other seasons to NTL or tourists to help with carrying expenses.

Talk with Ginger or Paula for details.

See us at Maine Street Realty for vacation rentals from homes that sleep 12 to studio condos.

P.O. Box 910  
Main St., Bethel

824-2114

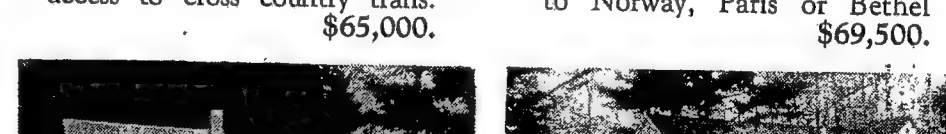
Ginger Kelly, Broker  
Paula Gillies

### Mahoosuc Realty, Inc.

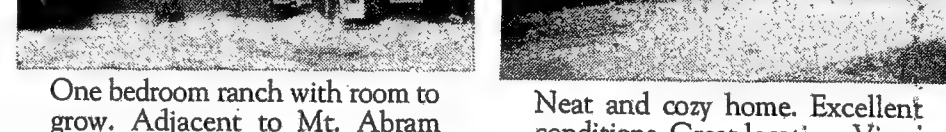
Now Is The Time!



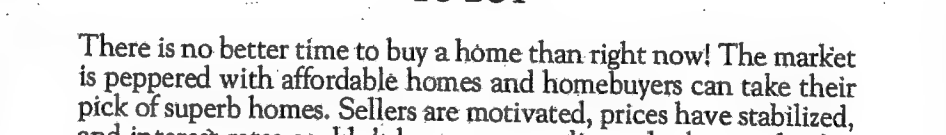
In town convenience on Paradise Road. Great place for a brook. Convenient to Norway, Paris or Bethel \$65,000.



Three bedroom cape on an acre. Bordered by a brook. Convenient to Norway, Paris or Bethel \$69,500.



One bedroom ranch with room to grow. Adjacent to Mt. Abram slopes for skiing or hiking \$61,000.



Neat and cozy home. Excellent conditions. Great location. Views to mountains \$96,900.

#### TO BUY

There is no better time to buy a home than right now! The market is peppered with affordable homes and homebuyers can take their pick of superb homes. Sellers are motivated, prices have stabilized, and interest rates couldn't be more appealing - the lowest they've been in 14 years!

Homes purchased today are likely to produce a solid return on investment and homeowners can harvest great rewards. We will be discussing some reasons to buy now in this column during the next few weeks.

Reason #1 - Forced Savings - Purchasing a home is a great way to save money. Home mortgage loans are generally amortized, that is, repaid in periodic installment. With each payment, the amount applied to the principal increases and the amount applied to the interest decreases. A home purchase is thus forced to save, building valuable equity. Another advantage of forced savings is that once the loan is paid off, usually near the owner's retirement, payments cease and the retiree, however, is likely to have a much higher standard of living. A renter, however, is tied to rent payments for life, which may be difficult at a time when rents continue to rise, but monthly income does not. When you pay rent, you're paying someone else's mortgage. When you own, each monthly home payment represents an investment in your future.

Corner of Main & Vernon Streets  
Bethel, Maine  
(207) 824-2771



# 824-2444

## For Rent

**HARRIS EVANS FAMILY** has a large number of inexpensive heated apartments in Lewiston. 2-bedroom from \$225/month and 3-bedroom from \$275/month. We have a 24 hour maintenance staff to serve you. Call us at 785-3666 Mon.-Fri., 9-5, 48-52p.

**NEW FOREST SERVICE** employee seeks home to rent. Two or more bedrooms with a yard. Call Pat at 824-2154.

**HOUSE FOR RENT:** 4 bedrooms, 1 1/2 baths, beautiful, well-maintained home with fenced-in front yard. West Bethel. Winter season \$1,000/month. Year Rental \$550/month. Call 836-2000. Ask for Francis.

**BETHEL—IMMEDIATE VACANCY:** 2-bedroom handicapped accessible apartment located close to stores, pharmacy, etc. Rent is based on your adjusted gross income. Contact Diane at 1-800-675-0808, EHO.

**SUBSIDIZED ELDERLY RENTS AVAILABLE:** 30% of income, 62 years and older to live independently. Call 332-2411. Equal Housing Opportunity.

**FOR RENT OR SALE:** 4 bedroom farmhouse in West Bethel. 1-207-836-3845.

**MT. ABRAM CONDO**—fully furnished, 2 bedrooms, 1 1/2 baths, woodstove, spiral staircase, equipped. Rent by month, season, or year. 724-8281.

**SMALL 2-BEDROOM HOUSE:** Songo Pond area. 12 month lease, \$400/month plus utilities. 824-3191.

**SUNDAY RIVER SKI RENTAL**—5 bedroom, completely furnished home. Available anytime. Call after 5:20-824-2769.

**MOBILE HOME** suitable for one person or couple. 10 minutes from Sunday River Skiway, in Rumford Falls. Call 847-7520.

**PROFESSIONAL COUPLE** looking for long term 2 bedroom to rent. \$500ish per month. We have 2 small dogs and many excellent references. 824-3262 or 773-8622.

**HIGH STREET BETHEL:** 1 bedroom, first floor apartment. Walking distance to stores. Security deposit required. 826-2645.

**AVAILABLE FOR SEASON:** Furnished, clean, 2 bedroom village home. Rent \$500.00. Maine Street Realty. 824-2114.

**OFFICE SPACE**—Route 2, West Bethel, new building, 100/month utilities included. Pattie Parsons. 836-3393.

## WE'VE GOT A GOOD SELECTION OF 4x4s IN STOCK, SO CHECK THEM OUT NOW FOR BEST SELECTION

1989 Ford Tempo All Trac, 4x4, 4 dr, sedan, only 42,000 one owner miles, auto, tilt, cruise, cassette, rear window fog, 6-60 factory warranty. Only \$5,995

1989 Toyota Camry All Trac, 4x4, 5 sp, air, tilt, cruise, cassette. Rare model. \$8,595

1988 GMC Jimmy 4x4, 1 owner, loaded. \$7,495

1987 Chevy S-10 4x4, 5 sp, P/S, cassette. Was \$6,395. Special \$5,795

1987 Jeep Wrangler (new style), 6 cyl, 5 sp, P/S, factory removable hard top. \$4,500

1990 Subaru Justy, 4 dr, 4 wheel drive, auto with air, 11,000 miles. Like new. \$7,495

1989 Subaru GL, auto, 3 dr hatch back, front wheel drive, 12,000 miles. \$5,395

1989 Hyundai, 4 dr, factory sunroof, 39,000 miles. Nice car. \$3,995

1989 Dodge Dynasty, 4 dr, V6, air, 23,000 miles. Puff. Was \$8,500. Special \$7,995

1988 1/2 Ford Escort, 5 sp, air, P/S. \$4,895

1987 Toyota Tercel, 5 dr, auto, P/S. Lease return, only 43,000 miles. A steal at \$4,595

1986 Chrysler Fifth Avenue, loaded, low mileage, factory sliding roof. \$5,995

**RARE FIND,** 1978 Chevrolet Malibu, 1 owner, auto, P/S, 40,000 miles. \$2,395

1979 Bronco V8, auto, XLT, 25,000 miles, like new with 7 1/2 foot Fisher plow. **NOT CHEAP JUST IN — AND PRICED RIGHT!**

1991 Ford Explorer, 4 dr., 4x4 XLT, rear wiper washer, air, P/S, P/B, AM/FM stereo. A steal at \$4,895.

1991 4x4 Ranger, 14,000 mi, factory warranty. \$9,695.

1990 Toyota Camry LE, loaded, only 16,000 mi, factory warranty. \$12,395.

1990 Ford Ranger, Super Cab, 4x4, XLT, 20,000 mi, factory warranty. \$11,295.

1989 Mercury Tracer, made by Mazda, 5 spd, P/S, stereo, over factory warranty.

1987 Chevy Spectrum, 3 dr., auto, P/S, cassette. \$2,395.

1987 Ford T-Bird, loaded, special package, real sharp, low miles. A steal at \$4,895.

1985 Chevy 3/4 ton 4x4, 8' Fisher, auto trans., 70,000 mi. \$5,995.

1985 Dodge Ram Charger LE, 4x4, 65,000 mi., V8, auto, P/S, black and beautiful. \$3,995.

**—AS IS —** 1980 Chrysler Cordoba, 2 dr, HT, special paint and murals. \$750.

1978 Chevy 1/2 P/U, 1 owner, looks and runs super, sticker, warranty. \$1,495.

1978 Audi Fox, 2 dr., sunroof, automatic, only 78,000 mi., original paint. \$1,895.

**BETHEL AUTO SALES INC.**  
Rte. 2, between Bethel & W. Bethel  
Call 1-207-824-2389  
Ask for Brad or Judy  
Open Monday-Wednesday: 8-5  
Thursday, Friday: 8-7  
Saturdays: 9-12  
Remember... Maine Inspection anytime  
No appointment needed!

2-BEDROOM, fully furnished South Ridge Townhouse. Outstanding place in quiet Sunday River location. Includes dishwasher, TV, fireplace. Call owner, 284-6484. 13fr

HOUSE ON SONGO POND, Albany, with fireplace, spiral staircase, 3 bedrooms, 200 feet of sandy beach. By the week or weekend, winter/summer, 15 minutes from Sunday River. Call after 6, 824-3191. 12fr

SIDEBURY VILLAGE apartments—Evergreen Road, Bethel. Now taking applications for 1 & 2 bedroom FMHA subsidized, elderly (62 and over, disabled, handicapped) housing for qualified applicants. For further information or an application, please call Ginny Walker at 824-3364 or Joan Moorehead at 824-4190. One bedroom apartment now available. E.H.O. 6fr

BETHEL—IMMEDIATE VACANCY: 2-bedroom handicapped accessible apartment located close to stores, pharmacy, etc. Rent is based on your adjusted gross income. Contact Diane at 1-800-675-0808, EHO. 36fr

SUBSIDIZED ELDERLY RENTS AVAILABLE: 30% of income, 62 years and older to live independently. Call 332-2411. Equal Housing Opportunity. 8fr

FOR RENT OR SALE: 4 bedroom farmhouse in West Bethel. 1-207-836-3845. 27fr

MT. ABRAM CONDO — fully furnished, 2 bedrooms, 1 1/2 baths, woodstove, spiral staircase, equipped. Rent by month, season, or year. 724-8281. 46-51P

SMALL 2-BEDROOM HOUSE, Songo Pond area. 12 month lease, \$400/month plus utilities. 824-3191. 48fr

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**BETHEL AUTO SALES INC.**  
Rte. 2, between Bethel & W. Bethel  
Call 1-207-824-2389  
Ask for Brad or Judy  
Open Monday-Wednesday: 8-5  
Thursday, Friday: 8-7  
Saturdays: 9-12  
Remember... Maine Inspection anytime  
No appointment needed!

**Ivory S. Currier, Jr.**  
**Electrician**  
Bethel  
824-2803

**Carpentry**  
Dale W. Buck  
New Construction  
Remodeling, Cabinetry  
665-2362

**W.J. Wheeler & Co., Inc.**  
INSURANCE & FINANCIAL PLANNING  
Est. 1864  
1 MARKET SQUARE SOUTH PARIS 743-8927  
69 MAIN ST. BETHEL 824-2580

**ACFS**  
**A.C. FINANCIAL SERVICES**  
Cross Street, P.O. Box 419, Bethel, ME 04217 • 824-2265  
SERVICES OFFERED:  
Accounting, Bookkeeping, Tax Planning, Tax Preparation, Payroll Processing, Payroll Depositories & filings.  
General Ledger Processing, Financial Management Advice, Office Management Services, Secretarial/Journal Reception, Fax - sending and receiving, Photocopying, etc.

**Now, the BETHEL AREA Can Win!**

Introducing a special Telephone Number: **824-2535**  
Toll Free for Bethel (824), West Bethel (836), & Locke Mills (875)  
Memorize it - Then Call for Contests, Country Corner, and More!  
**WOXO** fm 92.7 Norway/So. Paris  
**WTBM** fm 100.7 Rumford/Mexico  
The Bethel Area's Local Radio Stations



Try one of our home owner's policies on for size - we tailor them to fit.

**Kendall Insurance, Inc.**  
"The Service Agency"  
47 Church Street  
Bethel • Me 04217  
(207) 824-2178

**RIPLEY & FLETCHER**  
**HEATING OIL**  
Railroad Street • Bethel

**SEE & FEEL THE DIFFERENCE**  
**82.9**  
PER GALLON CASH PRICE  
12/16/91

LOW CASH PRICE  
10 DAYS TO PAY WITH APPROVED CREDIT  
• 24 HOUR BURNER SERVICE  
• PRICE SUBJECT TO CHANGE WITHOUT NOTICE  
• MINIMUM DELIVERY 100 GALLONS

**Call: 824-2142**  
**KEROSENE CASH PRICE 1.059**

**LOOK FOR OUR RED SHIELD HEATING OIL AND ENJOY A WARMER WINTER.**

**PUBLIC HEARING**  
**TOWN OF WEST PARIS**  
There will be a public hearing on Thursday, December 19, 1991 at 7 p.m. to review the application of Rt. 219 Garage for an Automobile Junkyard Permit.  
Selectmen  
West Paris

**USDA - FOREST SERVICE**  
**WHITE MOUNTAIN NATIONAL FOREST**  
**EVANS NOTCH RANGER DISTRICT**  
RR# 2, BOX 2270  
BETHEL, ME 04217

The Evans Notch Ranger District is considering harvesting some timber behind the Duplessis residence on the Bog Road in Mason Township. About 20 acres of National Forest is only accessible from the Duplessis property. The harvest would consist of single tree and group selection. Except for one or two small patches under two acres in size, a well-stocked residual stand would be left. If you have any questions or comments, please contact Wayne Miller before January 9, 1992, at (207) 824-2134, or at the District Office.

## PUBLIC NOTICE

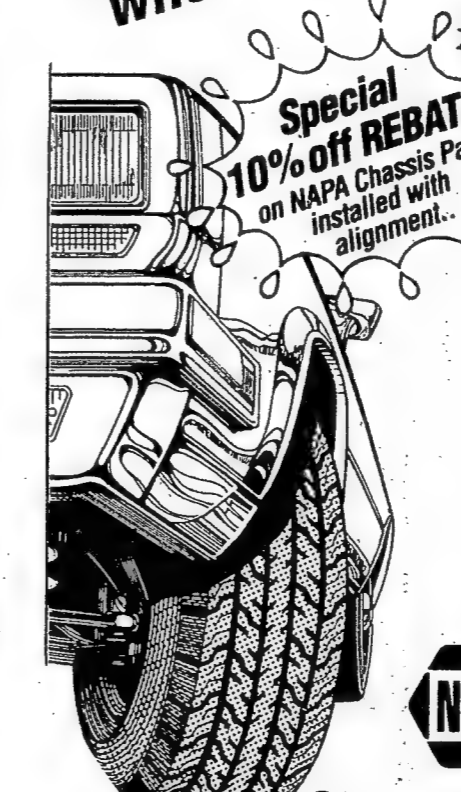
**From the Newry Planning Board**  
The next scheduled meeting for the Newry Planning Board is January 15, 1992.

**NOTICE**  
**TOWN OF GREENWOOD**  
Due to the holidays, selectmen will be meeting on December 23 and December 30 instead of December 24 and 31.  
Greenwood Selectmen

Add the perfect touch to your Holiday Give the Gift of  
**MASSAGE**  
Janet Willie, CMT  
824-3889  
Gift Certificates Available

**SNOW PLOWING**  
Free Estimates  
**824-3191**  
John Kimball

Can you guess which car had a complete **ALIGNMENT** when the tires were still new?



**Special \$10 REBATE**  
on NAPA Vari-Load variable rate coil springs installed with alignment.

**Chassis Parts**  
Offer Good Through 12/31/91 at  
**AUTOTECH OF BETHEL**  
Route 2 • Bethel  
Daniel E. McGurn, Sr. - ASE Certified Master Technician  
NAPA Maine Nominee for ASE Technician of the Year - 1991  
State Inspections

## THOUGHTS FROM THE Pastor's Study

The Bethel Area Clergy Association, with the help of pastors of surrounding churches, brings you these meditations. Not based on any set theme, they will be individual for each pastor. It is hoped you will find in these words, comfort and help for your daily life.

### "What is The Church?"

I enjoy watching documentaries about New England. I feel a thrill run up my spine when I see pictures of a small white building with a steeple, nestled in a small village surrounded by trees.

Some people think of "the church" as an outmoded, unnecessary institution. To these people I need to ask the question: What is "the church?"

Jesus' only references to the church are found in Matthew 18:17, and Matthew 18:18: "on this rock I will build my church, and the gates of hell will not overcome it" (NIV). The word translated church, in the Greek language is *Ekklesia* and literally means "a calling out."

This word was used by the Greeks to describe a body of citizens gathered to discuss the affairs of the state. Today, this word has two applications to companies of believers. 1) To the whole company of those who have trusted Jesus Christ as their personal Savior, Jesus says, "I will build My Church as Christ's body." God placed all things under his feet and appointed him to be head over everything for the church, which is his body, the fullness of him who fills everything in every

way."

The Church is composed of all people who have: 1) Repented of their sins, 2) Asked Jesus Christ to be their Savior, and 3) Decided to grow spiritually by daily following the instructions that are found in the Bible.

Why are there different congregations? Because each congregation packages and presents the gospel in a slightly different fashion. Just as there are different sizes and types of grocery stores, so there are different sizes and types of churches.

The Church is not a building, but the spiritually reborn people who meet there. We meet to grow spiritually, to encourage, and be encouraged, to share our faith, and to learn how to minister outside the "Church." We sing, we hurt, we cry, we laugh. We care about meeting the needs of people in our community; whether spiritual, physical, or emotional. We care about this world we live in and are striving to make a positive difference for Jesus.

Pastor R. Bruce Clark  
Bethel Church of the Nazarene

### CARD OF THANKS

Thanks to my family and friends for the help and support during my recent surgery and while I am recuperating from a leg injury.

Julie Daye

### In Memoriam

In loving memory of  
Robert Lowe  
Passed away June 28, 1990  
Because God knew your work over, your children taught and grown. He called you to come and dwell, where no more work was done. Where the golden sun doth never set, and the sky's forever blue;  
It's there, we know in God's good time, that we'll be with you.  
Your Loving Family

WENDALL H. SWEETSER  
Interior and exterior painting, wall papering, carpet cleaning, roofing, carpentry, repairs, and odd jobs.  
CALL 665-2498

### GAME PARTY

Legion Hall - Locke Mills  
Every Friday - 6:30 p.m.  
Sealed Tickets Early Birds.  
Doors open 4:30 p.m.  
JACKSON-SILVER POST  
Hall Rentals: Call 207-824-2530  
Post Meetings  
1st & 3rd Thursdays 7 p.m.

## GOODWIN'S INC.

Insurance  
Since 1865  
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Auto • Home • Business  
31 Paris Street • Norway, Maine

## Obituaries

### MARGARET H. HUMPHREY

Margaret Hanscom Humphrey, 87, of 1133 Washington Ave., Portland, died Saturday, Dec. 14, 1991 at a Portland area nursing home.

She was born in Bethel, the daughter of Frank E. and Ella (Davis) Hanscom.

She attended local schools and was a 1922 graduate of Gould Academy and a 1926 graduate of Bates College.

Mrs. Humphrey taught mathematics in Connecticut for several years. She later worked in the office of the Bethel Inn during the summers and for resorts in Florida during the winter months.

Following her marriage to D. Norvin Humphrey, she lived in California and Texas, returning to Maine in 1980. Mr. Humphrey died in 1972.

She was a life-long member of the West Parish Congregational Church in Bethel.

Survivors include two sisters, Mrs. Kathryn H. Bailey of Lewiston and Dorothy H. Jones of Portland. A graveside service will be held at a future date at Lakeside Cemetery in Bethel.

### East Stoneham

By ELEANOR NELSON

Helen Grover's daughter Joyce Goun of Norway fell recently and broke her hip. She is being treated at Stephens Memorial Hospital and is gaining at this writing.

The Daughters of Veterans presented Gladys Kilgore with a pretty poinsettia plant this past week. Geneva Tripp sent in a whole complete Thanksgiving dinner with all the fixings to her on Thanksgiving Day. The Stoneham Knight Riders Snowmobile Club met Tuesday night for their potluck supper, meeting and Christmas party. There were 32

### Classifieds

Call 824-2444

### CHRISTMAS

Flowers & Greens-  
Poinsettias - Wreaths

M & W FARM & GREENHOUSES  
Old County Rd. Bryant Pond • 674-2183  
Visit Our Florist Shop!  
Fresh Flowers for all occasions  
Wedding • Sympathy • Birthday • Anniversaries  
Dried/Silk Arrangements • Balloons • Plants

members present, with five new members joining. It was noted that one of their bridges in town should be replaced and widened. Other matters were discussed and will be taken care of. Members were reminded to contact Anne Wyman about the trip to the Forks and to contact Eleanor Nelson on the weekend trip to Nelsons' camp at Wilsons Mills.

A camp on Keewadin Lake was found to be broken into and a sheriff was called to investigate it.

The Fox Bros. have been doing some work for Albert Nelson, Sr.

There was no school Monday on account of the slippery roads. I was kind of glad that I didn't have to go to work that day.

Jim Morrison has a different car.

The Republican meeting was held in So. Paris on Tuesday night and several people from town attended.

Mr. and Mrs. Walter Heino and myself went to Massachusetts on Thursday to see daughter and family off at the airport where they left for Tunisia to visit Abdul's parents.

The lakes and ponds are getting frozen over and we shall soon see all the fish houses out, but please anyone don't go out on the ice until it is real safe.

Our town is looking real pretty at night with all the Christmas lights shining everywhere.

### West Bethel

By CONSTANCE BROADBENT

Dear Barbara,

It's the merry, merry, merry, ho, ho, ho, season again and we miss you and your family. It seems so strange to see your village digs in darkness, to back out to the hosterman's drive and not have to worry about smashing into someone's camper, or try to read you porch-window-biblical-declaration through the rear-view mirror. As we traverse the Flat Road on foot or wheels, we miss seeing you walking or biking toward the majesty of the mountains. And yet, in spite of your absence, good things continue to happen...

For the last few weeks, we've hurried our hands and hearts at wreath-making, sewing, painting, pot-lucking, and singing the praises of the season. We've gathered in large numbers and not-so-large numbers to clip and stuff

greens that will hang on houses near and far, to practice fa-la-las and fellowship in choir lofts and grange halls and church basements and even museums.

Many of us made the rounds last week, after handing over the last of the wreaths and the cookies at our little church greens-sale-cum-coffee, at which, by the way, Iva Abramson "poured." Those of us who kept bumping into others of us from our west end of town, braved a continuously falling snow that provided us with tricky driving and equally tricky walking. We only caught a glimpse of Santa's back as we carefully fell into line behind the first-annual, however brief, holiday parade up Main Street.

And Frances Bennett II (direct from a celebration of her four-score and ninth birthday!) led the way through the snow and ice while her traveling companions, the Misses Westleigh and Vautour of the famous Flat Road, struggled to keep up the pace. We toddled off to tea at the 'Congo' church, the annual Holly Fair being a particularly favorite stop along the way. Then it was up to Broad Street and the Moses Mason House for the momentous book-signing of the long-awaited book of the long-suffering Randall H. Bennett, known fondly as Randy by those of us who are 'histsies' in good standing. If you have an unfulfilled gift on your list, you would be well advised to present to a loved-one or two a hot-off-the-press copy of "Bethel, Maine...an Illustrated History" (the aforementioned long-awaited book by the previously noted long-suffering author). In a word...it's MARVELOUS!

We rounded out the day's activities by following our noses to the newly reopened bakery on Main Street. West Bethelite, Thirza Herrick and family are the new proprietors. The baked goods looked and smelled delicious; the Saturday supper special (beans, franks, rolls and slaw) was just what the shop-till-you-drop-doctor ordered. It's a great idea for a quick solution to the .... I'm too-tired-to-cook-syn-drome .... have Thirza do it! .... We wish her much success.

Now that the wreathmaking is a done deal, we can concentrate on the sewing, painting, pot-lucking, singing, and greeting that attend the season. We'll gather, in ever larger numbers, for pot-luck, fellowship, tree-trimming

and caroling. Our little church is lately filled with new and former faces that convene for casserroles, camaraderie, and carols. More and more fine folk are discovering that worship and fellowship are a good mix.

By the way, in keeping with the spirit of fellowship, we picked the W.B. raffle winners this past week. Charles Burnham of Hanover took away the quilt that Lena Westleigh started fifty years ago and that Florice Paul lovingly assembled for the church fundraiser. Oscar Annis shared a sizeable booty as winner of the fifty/fifty raffle at the grange...and some lucky fellow from Lancaster, N.H. will be surprised to receive a multi-colored afghan in the mail, as winner of the grange's second drawing.

And now, with the greens turned magically into portal passermenterie (that one's just for you, Barb), our fingers are freed for the crafting that makes Christmas special. In the village and out at the forest's edge there are quilters quilting, knitters knitting, sewers sewing. The Maineger is now the factory for eight, count them, eight "nap-robes" in various stages of incompleteness, crying out for stuffing and stitching. As usual, I've latched onto a new stress-producing project that will provide cover in lovely color for my siblings and other relations. Each quilt is four feet by five feet; each reflects the decor of the receiver; each will masquerade as a pillow, once I fashion the fancy pouch that turns the coverlet into a conversation piece.

Meanwhile there's baking to be done, and the paying guests expect to find their rooms dust-free! There's choir practice to attend to and candlelight service to attend...at which the practiced choir will be expected to perform with aplomb. There's very little time left to idle observations, as you can see. But let me report that the evening grobebeaks have returned en masse, and have taken to sitting in the street in the same "masse"! Twice I've had to stop completely while they processed the information that my motorcar could be a menace to their health. But their ponderous yellow and black presence has been overshadowed by the arrival of Mrs. Cardinal at the feeder...we wait for 'him'!

It's off to town I go. Got to beat the deadline, give or take a few minutes. Then to smash through the manual doors of the only grocery store in America that can't afford to go fully automatic, in search of Apple & Eve juices (my guests are fussy), and the stuff that English muffin bread is made of. As I ride back to the village that you used to call home, I'll drink in for you the navy of the mountains and the pink of the sky. I'll send along the image with this letter, which I hope will find you settled and adapting to the change. Give warm hugs to Rick, Jamie, and Matthew from all of us here. And have a wonderful Christmas and New Year.

Love,  
C.B.

### Bethel

By VIRGINIA WALKER

When you pass by Elsie Davis' house on Chapman St. this Christmastime you may wonder 'why so many candles?'

It may be of interest to know that each of the 47 candles represent one of her grandchildren.

Forty-five years ago when the first grandchild was six months old, a candle was placed in the window for her.

Every year since as new ones arrive, candles have been added for each grandchild, including in-law grandchildren and great-grandchildren.

For many years the children helped place the candles, and it has meant to them that love is an important part of the true Christmas spirit.

### In Memoriam

In loving memory of

Eugene Buswell

Aug. 10, 1920 - Dec. 24, 1988

We miss you now, our hearts are sore, as time goes by we miss you more. Your loving smile, your gentle face, no one can fill your vacant place.

Sadly missed by

Wife

Children, Grandchildren



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In The

The Bethel Oxford County Citizen



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824-2444

## EARLY DEADLINES

ALL DISPLAY & CLASSIFIED ADVERTISING & NEWS ITEMS ARE DUE AT THE CITIZEN

FRIDAY, DECEMBER 20, NOON

for the December 24th issue.

FRIDAY, DECEMBER 27, NOON

for the December 31st issue.

The Bethel Citizen office will be closing at 1:00 PM on Tuesday, Christmas Eve and will be closed on Wednesday, December 25th and Wednesday, January 1, for the Christmas and New Years Holidays.

Mahoosuc Arts in conjunction with Maine Arts Inc.,

(sponsors of Maine Festival & New Year's Eve Portland) will be presenting a Regional Folk Arts Sampler on

January 31, 1992, Bingham Auditorium at Gould Academy

Help us locate local Folk artists, please contact Mahoosuc Arts for further information at 824-3575.

Folk artist: people who employ traditional forms and techniques which they have learned through a family member, by apprenticeship or in some other traditional manner. Traditional arts are passed on from generation to generation within their own communities.

A partial list of traditional folk arts are listed below:

Musical instruments	Crafts	Occupational skills	Recitation
fiddle	quilting	boatbuilding	storytelling
banjo	weaving	snowshoe making	poetry
accordion	spinning	fishing lore	readings
bones	rugmaking	masonry	humor
singers	wood carving	chairmaking	
piano	lacemaking	blacksmithing	
ethnic instruments	basketry	shoemaking	



# HeartBeat

**Bethel Area Health Center**  
Railroad Street PO Box 977 Bethel, ME 04217

Volume 1 No. 1

Bi - Annual Newsletter

December 1991

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## Commitment to Excellence



Jane Hosterman  
President of the Board

Excellence. A hard word to define. One of those "I know it when I see it" kinds of words.

At the Health Center, we define excellence in terms of our employees. It's been the underlying guideline for our staff since the first physician and nurse began to provide care.

We've grown, a new building and a staff of more than 14. But no fine building, no sophisticated equipment, no electronic computer system can substitute for excellence in personalized day-to-day care for our patients.

Excellence is the smile and friendly greeting of the nurse while meeting the patient for the first time in our lobby, the extra minute taken by the providers to explain an X-ray procedure to a concerned mother, and the financial services representative who tracks down the confusion on a bill.

"Excellence is the 'extra' we can deliver."

Our thanks to all of you who recognize and appreciate the strong sense of dedication of our staff and, as a result, continue to allow us to address your health care needs.

### The Journey

It has been a long, more than forty-year journey—sometimes unsettling, sometimes overwhelming, but always a challenge, always a privilege.

The Northern Oxford Health and Service Council began in an imperceptible way with a concept in 1949.

We've come a long way since that humble beginning. The Bethel Area Health Center has established itself as one of the major primary care medical facilities in the region. In my opinion, the Health Center is well positioned as we enter the 1990s—a decade in which we will witness, I am convinced, a significant expansion in the commitment and capacity of health care providers to provide rural-related primary health care.

As we review the past, there are many accomplishments to ponder. Included among these are:

The original building;  
The staff of providers—from one part-time to three full-time providers;  
The users, now over 4,500;  
The new facility;

The Health Center's commitment to excellence.

Individually each of these achievements is impressive; collectively, they are remarkable. These advances are a result of dozens of committed individuals. Major among the groups of people who are responsible for these achievements are the Health Center's Board of Trustees (past and present), members of the staff and a host of volunteers.

As we progress through this decade, I expect fresh ideas will be applied to the operation which will continue to improve both the facilities and the services.

By Jane Hosterman  
President of the Board

## An overview of the Bethel Area Health Center

The Health Center is a facility equipped for medical care. We have a staff of nurses and providers who are on call 24 hours a day, 7 days a week. The Radiology Department and Laboratory allows a comprehensive range of testing if needed to diagnose illness.

For convenience, during the winter, the Health Center expands its hours from the end of November through April to accommodate emergencies and acute illnesses. The Health Center is open 8 a.m. to 5 p.m. Monday through Friday with additional time from 5-8 p.m. on Monday and Thursday, and Saturday from 8-12 noon.

During the winter season, hours are extended for emergency care.

The Health Center employs both a physical therapist and an exercise

physiologist. The physical therapist is available two days per week to assess injuries and provide treatment for rehabilitation. The resident exercise physiologist provides fitness assessments and orientation to the exercise program. The facility provides opportunity for those who do not want to be outside during the cold of winter to exercise inside on our cross-country

Nordic Trak, exercise bicycle and Universal gym set.  
Recently the Health Center has been licensed as a comprehensive mental

health agency. The director of our Human Services Division, Ellen Crocker, provides mental health counseling at the Health Center as well as oversees the Domestic Violence Program and is currently in the process of establishing substance abuse counseling at the Health Center.

The Federal government through

*"Our primary purpose is to serve patients."*

Jane Hosterman  
President of the Board

various programs have attempted to provide care for many individuals who need health care. First the program which established the Rural Health

Centers was conceived to provide primary acute care, physical therapy, mental health counseling and in the future substance abuse counseling based upon need and an individual's income and family members.

This program receives Federal funding for one-third of its revenues. When hospitalization is required for an acute illness, the Federal government has provided, through the Hill-Burton Act, obligations to provide free or discounted care on a portion of services provided.

A fee discount is provided to individuals requesting medical services at the Health Center is not granted by other area physicians. Based on income and number of members in your family discounts up to 80 percent may be allowed. In addition, patient  
See BAHC OVERVIEW, page 3



Tom O'Meara  
Medical Director

## From the Medical Director

We've discussed our commitment to excellence and the challenging reimbursement environment, but never could our primary purpose to serve patients be stronger. The moment a patient enters the Center's doors, our focus is to diagnose and alleviate disease while achieving the planned outcomes.

The providers' extensive medical backgrounds and their caring concern for every patient provide the focal

point for medical care in Northern Oxford County—your community.

Our desire to optimize community care is underscored by the physicians and physician assistants selected to join the Center's staff.

From the young patients wearing their sneakers to the seasoned senior citizens, all are enthusiastically welcomed at the Center.

By Tom O'Meara, M.D.

## From the Executive Director

We've talked about the Health Center as a caring place, but there are two other major ingredients in our success that require mentioning: quality yet cost-effective medical care.

Never could a "commitment to excellence" be more important as we traverse the treacherous waters of the present health care environment. This is a period in our history when there seems to be a good deal more interest in "cost" than in "quality," when the mentality seems to focus more on "the bid" than "the product," and when the thrust of the insurer and the employer alike seems to be "get the patient out," not "get the patient well."

We still believe in the product of excellent care at the Health Center and remain confident that before long the pendulum will swing back into a more balanced range. We are certain that our government's relentless charge to cut the health budget will eventually shift to a saner approach that weighs the results as well as the dollars. No successful businessman could possibly believe that costs can continuously be cut without eventually affecting how the product is made or delivered.

That is not, however, to argue that expense reductions can never be made. As a team, our commitment to excellence has been coupled with an effort to be as cost effective as possible without diminishing the quality of health care; meanwhile, the medical staff provides caring and effective treatment to each of our patients.

By Geo. Larson



TEAMWORK—In July the health center team of biker Dan Donnelley, runner Linda Ray and swimmer Lisa Pivin took part in the Oxford Hills YMCA Triathlon.

## Board of Trustees

The members of the board of trustees serve a dual role as they guide the affairs of the Bethel Area Health Center. As representatives of eight communities, they bring to the board/committees the interests and concerns of these residents. They also carry into the community an awareness of the problems facing health care institutions today and the Health Center in particular.

Jane Hosterman, President of Board  
Dolores Hoeh, 1st Vice President  
Dennis Wilson, 2nd Vice President  
Ruth Grover, Treasurer  
Roger Connant

Ann Holt  
Cecelia Hoy  
Jim Yarnell  
Community Volunteers serving on Committees: Rodney Abbott, Jean Bass, Gwendyth Bohr, Coleen Boyd, Barbara Brooks, Merton Brown, Jim Delamater, Patricia Dooen, Barbara Douglass, Cheryl Elliot, Tom Gibbs, John Gray, Dan and Julie Hart, Ann Holt, Bill Jensen, Herbert Kittredge, Paul Marcolini, Tracey Mason, David Preble, Jacki Wiese, Peggy Wight, Steve Wight, Chris Cole, June Greig, John Head, Donald VauTour, Eric Paul, Bruce Powell, Elissa Thibodeau and Cathy Newell.



We are committed to providing superior services which are consistently responsive to the individual needs of our customers, through the appropriate combination of caring, competence and technology.

### Active Medical Staff

L. Reed Allen, M.D. Radiologist	Vassilios Handanos, M.D. Pediatrician
Albert Aniel, M.D. Internal Medicine	Michael Nicklawsky, M.D. Family Practitioner
Emily Bray, M.D. Family Practitioner	James Orino, D.D.S. Dentist
Philip Bretz, M.D. Dentist	Michael Parker, M.D. Urologist
Alan Chastanet, M.D. Radiologist	David Phillips, M.D. General Surgeon
Bart Clayton, M.D. Family Practitioner	Marta Riegan, M.D. Family Practitioner
Jerrold Cohen, D.M.D. Dentist	Bruce Ross, D.M.D. Dentist
John Gallant, D.D.S. Dentist	William Wanger, M.D. Emergency Medicine
Eugene Gorzyab, M.D. General Surgeon	Michael Waters, M.D. Family Practitioner

## Winter 1992 Community Wellness Programs

The community Education Department at Rumford Community Hospital focuses on developing and/or maintaining wellness through a variety of health education/promotion programs. Wellness plays an important role and represents a major direction in today's health care. R.C.H. offers a varied selection of programs to keep you and your family healthy.

<b>Ambulatory Diabetes Education Program</b> This 10 hour program is designed to assist participants in learning the knowledge, skills and attitudes necessary to manage Diabetes Mellitus. There is a charge for this program. Medicare, Medicaid, Blue Cross and Blue Shield of Maine and several other insurance carriers do reimburse for the program.	<b>Adult C.P.R.</b> This six hour program is based on the American Heart Association Standards and will deal with Adult C.P.R. and the Choking Victim. Successful completion of this program will result in certification from the American Heart Association. Cost \$15	<b>Babysitting Classes</b> This eight hour program is intended to provide information to future babysitters regarding the responsibilities and skills of babysitting. It is intended for 7th and 8th graders. Cost \$15
<b>Cholesterol &amp; Blood Pressure Screening</b> These screenings are intended for participants over the age of 18. It is not necessary for participants to fast prior to this test. Setting up an appointed time for your testing is recommended. Cost \$4	<b>Freedom from Smoking Smoking Cessation</b> This eight week program was developed by the American Lung Association to help smokers understand individual smoking habits and to develop the personal motivation to quit. Although there is a charge for the entire program, the first session is provided at no cost to allow participants to decide if this program is for them. Cost \$40	<b>How to Lower your Cholesterol</b> During this hour long program we will provide information regarding appropriate food choices as well as information regarding understanding food labels when shopping and preparation of foods. This program is free of charge.
<b>Infant/Child C.P.R.</b> This six hour course will provide knowledge and skills regarding infant and child C.P.R. and management of choking as well as prevention of accidents in infants and children. Cost \$15	<b>Standard First Aid</b> This eight hour program will present information and skills to enable participants to handle first aid emergencies until advanced medical care arrives. Upon completion of requirements, you will receive certification in C.P.R. and First Aid. Cost \$39	<b>Stress Management Class</b> Participants will experience a "hands on" workshop which will include an individual Stressful Symptom Inventory, guided visualization, meditation and breathing exercises, coping skills, and assertiveness training, job stress management and special relaxation techniques. Cost \$30

For more information regarding any of these programs please call Betty Palmer at Rumford Community Hospital at 364-4581, ext. 359

## Today's Family Practice Physicians are Specialists

Many people don't know what goes into becoming a Family Practice doctor, or exactly how to define this specialty.

A person desiring to become a Family physician has to have an undergraduate degree and then go through four years of medical school. After medical school there is a three year Family medicine residency that must be completed. The residency program has to be certified by the Family Practice Board in order for a resident to sit for the Board exams. By passing the Board exams a Family physician becomes Board certified, which means that he or she has completed a course of training approved by the American Board of Family Practice.

One of the main differences between the Family Practice specialty and a General Practitioner (GP) is that GPs do not go through an approved program and can practice medicine with 1-2 years of general residency. There is no Board or proficiency exam needed for licensing as in the Family Practice specialty.

The practice of Family medicine is what the title implies: treatment of the whole family. An individual's health is not separate from family/work/human relationships and needs to be assessed in the context of

what is happening in an individual's life.

It is emotionally satisfying for families to come to one practitioner who can view and know the family unit. Family Practice generally takes a holistic view of health and attempts to educate individuals to promote prevention in day to day life. This information giving empowers people and places the health care provider in the position of being an advocate for their patients health.

For the majority of illnesses, the specialty of Family Practice is as far as one needs to go in the health care system, this is cost effective. Part of a Family practice physician's job is to refer and act as liaison to specialists when necessary.

Cathy Parker, a nurse at Bethel Area Health Center, has worked with a number of Family Practice physicians over the years. She feels they all have a "great sense of caring for the family as a unit. It's not just medicine to them, it's about patients' lives, emotionally and socially. These doctors are willing to work and live in very rural areas with a wide range of people. We are talking about patients from infancy to old age, the whole life cycle. This is what makes Family doctors so special."

By Dan Donnelly, M.D.



THEM BONES, THEM BONES—Shown in the health center's X-Ray department are Dr. Tom O'Meara, Board Certified Family Care Practitioner and Linda Ray, Health Care and Clinic Coordinator. Dr. O'Meara cares for newborn to elderly patients, while Ray assesses community needs and develops appropriate programs to meet those needs.

## Physical Therapy

BAHC overview

Continued from page 1

The art of Physical Therapy goes back to early civilizations. Chinese, Roman and Greek cultures used physical means—massage, water, heat—to provide relief and restore motion and prevent health problems. Today, physical therapists rely on those ancient means along with new technology and techniques to treat patients with many types of problems. The role of the present day physical therapist can be varied. Therapists treat patients after injuries and accidents, relieving pain, restoring motion and strength and teaching the patient how to prevent recurrences and

minimize pain. Physical therapists also treat persons with neurological impairment, for example, people with strokes, spinal cord injuries and cerebral palsy.

Therapists can also evaluate posture and body mechanics, helping to improve posture and biomechanical abnormalities through exercise, orthotics or braces. Many physical therapists also provide fitness assessment and personalized exercise programs.

Other roles of physical therapists include cardiac rehabilitation and burn and wound care. Therapists can either be generalists or specialists, working with many or just one type of patient conditions.

Physical therapists also work with industrial clients, providing preventive programs—back education and cumulative stress injuries, evaluating job sites, performing functional evaluations and treating injuries.

The Bethel Area Health Center is a certified Rehabilitation Agency (Physical Therapy) providing care for patients and is reimbursable by all insurers.

tients who utilize the Bethel Area Health Center and need antibiotics, which are on the government approved listing, may with a card from the Health Center receive the same discounts on medication at Prim's Drugstore.

Because of the Federal funding that is received by the Health Center, Health Center patients who do not have transportation may request from the Health Center in acute emergencies transportation to its facility or in some rare instances to specialists in Auburn or Portland.

Each March, the Bethel Area Health Center holds its Annual Meeting. This meeting and supper is open to the public. There is a nominal fee charged for supper, which in the past, has run \$5 a dinner for adults and \$2.50 for those under 12 years of age. This coming March we look forward to having you attend the annual meeting and hear first-hand the report of the Bethel Area Health Center.



LAB SERVICES—Medical Technologist Bonnie Largess works in the health center's state of the art laboratory. The lab can provide complex test results within minutes—that previously took days.

## Lab Update

The Bethel Area Health Center enjoys a fully equipped, state of the art, Level II laboratory, which has grown in many ways over the past year. Our laboratory technologist, Bonnie Largess, has written Laboratory Protocols and organized the lab to meet stringent Occupational, Safety and Health Administration (OSHA) standards.

The latest acquisition to the lab is a Dupont chemistry Analyzer, which provides a wide range of tests such as glucose, cholesterol screening and fasting lipid profile, and sodium-potassium levels to name a few. The lab also has the ability to do many blood tests here such as complete blood counts, hemocrits and red blood cell counts. Routine

tests including strep tests, urine pregnancy and monospot tests are also done.

Many test results can be received on the same day they are done; others may take a day or two for results. The lab also takes samples for various tests that cannot be processed here but are sent out to Level III labs, subsequently these results take longer to be received.

It is very convenient for area people to use a local lab. It's fun, almost painless and saves time and a long trip. The B.A.H.C. providers must make the referral (a request) for a test but appointments are made easily because tests can be done daily.

By Bonnie Largess

## Human Services Department

The Bethel Area Health Center is offering a new range of human services to complement and supplement the medical services we have long provided for this community and the surrounding area.

We have recently been licensed as a Comprehensive Mental Health Clinic. This means that as our Human Services department expands we will be providing services for people discharged from Augusta Mental Health Institute, emergency care and referral. The Bethel Area Health Center can claim the distinction of being the first Community Health Center that has been granted licensure as a mental health clinic.

The Human Services Department consists of The Safer Families Program, which provides services for victims of domestic violence, and the counseling department which provides services for a broad range of mental health issues.

We named this program Human Services rather than Mental Health services because we see ourselves working toward the health of the community, toward being mindful of prevention. We see ourselves as helping with psychiatric disorders but also with human problems which are not abnormal.

See HUMAN SERVICES, page 4

Bethel Area Health Center

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Ruth Grover, Consultant

Page Three

## Winter Shape-up

Skiing is balance in motion. It relies on the same skills of precise, coordinated motion as that used in every day movement, for example walking or getting up from a chair. In addition, skiing has strength, flexibility and endurance requirements. Some of these requirements are quite different from the daily activities of other sports we participate in.

Knowing this will help you understand why skiing may feel awkward to the beginner and why without proper physical conditioning even the experienced skier may wake up with aches and pains the following morning.

As with any physically demanding activity, skiing requires special preparation. Special preparation means doing exercises that improve strength, flexibility and endurance, along with the ever important job of decreasing the chance of injury. Through exercising, you're learning about your body and about yourself.

The Bethel Area Health Center is offering a "Getting in Shape for Skiing" course during the month of January. Our resident exercise physiologist, Joel Hinshaw, is a certified ski instructor at Sunday River and is offering this training. Joel supervises the Exercise Program here at the Health Center and is available on and off on Tuesday-Thursday. If you are interested in attending the ski pre-conditioning course, call the Health Center and Joel will call you back.

The Exercise Room hours for the

winter 1992 are as follows: Monday, Wednesday and Friday evenings 5-9 p.m.; Saturday 8-12 noon; all day Tuesday and with permission Wednesday and Friday. All persons wishing to become members are required to go through an orientation program with Joel. Again, call Tuesday through Thursday and I will call you back. The monthly membership cost is \$15 per person and \$20 per family.

By Joel Hinshaw

## Community Health Education

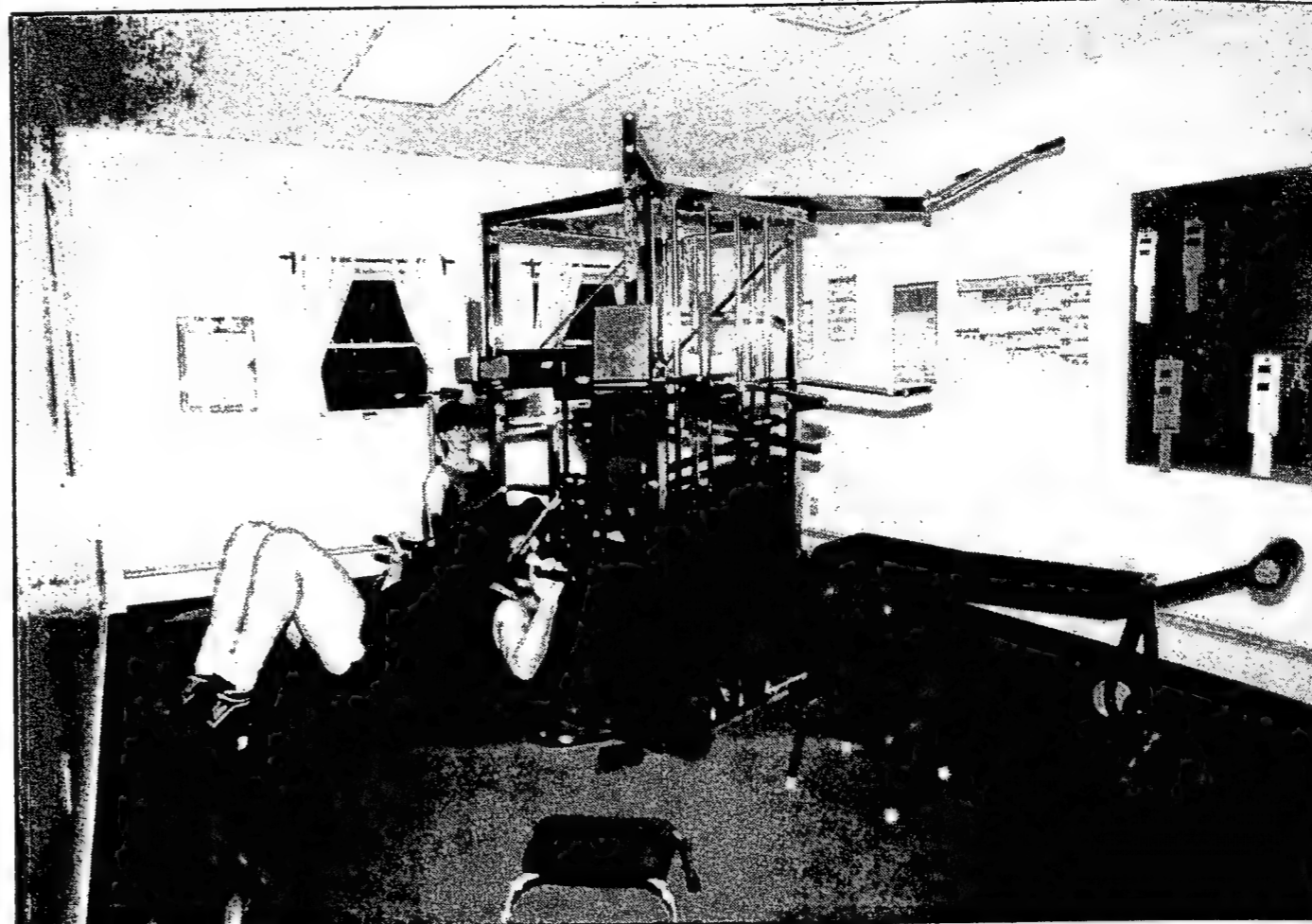
The last year has shown a marked growth in community education programs offered here at the Health Center. The impetus for this growth comes from three sources: the Community Education Committee, collaboration with SAD #44 Adult and Community Education Program and Health Center providers.

The Community Education Committee of the Health Center is a very active group of local citizens who meet monthly and are interested in assessing and promoting the health education needs of this community. Members of this committee are from our Board, Health Center staff, local professionals, business persons and citizens. A major committee project was to organize and present the First Annual Women's Health Conference held in the spring of 1991. This conference was extremely successful, with 50 women participating.

An important result of this conference was the feedback from the participants regarding what they would like to have addressed in the coming years for programs and topic areas. As a result, in September of 1991, a Women's Health Forum was presented on "Natural and Surgical Menopause" and again was very well attended.

We, as a committee, feel this is the most effective and realistic way to meet the community's health education needs. The Second Annual Women's Health Conference is now in the planning stages for March 1992.

The collaboration between the Bethel Area Health Center and SAD #44 Adult Education is extensive and covers many years. New space at the



**SHAPE-UP WITH US**—The health center offers the use of its exercise room equipment to the general public for a reasonable fee. Exercise physiologist Joel Hinshaw will guide anyone wishing to become a member through an orientation program on the use of the equipment.



**COMMUNICATION IS THE KEY**—Physician's Assistant Jan Whitworth, left, discusses patient health care with LPN Jeannine Thornton.

## Human services

Continued from page 3

malities or dysfunctions but rather part of what it means to be a human being in a very complicated, turbulent, and troubled world. Most are no longer surrounded by extended families, and often people struggle live in isolation without the support our forebears had from family and close friends.

The mission of the Human Services Department is to assess individual and community mental health needs and to respond to them in the most compassionate, effective, and responsible manner possible, respect the rights to privacy and dignity of recipients of services and sustain a broad and evolving definition of human services, including but not limited to psychiatric problems. We would like to collaborate with and support existing community service providers to maximize effective delivery of care to those individuals and groups in need.

The Human Services department provides professional, supportive, compassionate care to people with a whole range of human problems—problems which touch us all at some time or other: grief counseling for those who have lost a loved one, support and counseling for people going through difficult life transitions such as divorce and loss of jobs and help with parenting and single parent families. Many times people need support for troubles not so clearly tied to events and happenings—feelings of being overwhelmed or an inability to see one's way clear. These feelings can come out in symptoms of depression and anxiety.

The current staff of the Human Services department includes Ellen Crocker, Director, who provides counseling in the Mental Health Program and Lynn Boschetti, who is the coordinator of the Safer Families Program.

By Ellen Crocker

Page Four

Bethel Area Health Center

December 1991

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## The Human Ear

The human ear can distinguish between some 40,000 different sounds, some weak enough to cause the ear drum to move as little as 1/10th the diameter of a hydrogen molecule. Perhaps you recall being aware of the persistent buzzing of a mosquito on a quiet summer afternoon, until a jet aircraft flew overhead. Here are two sounds different in both loudness and character, that your sense of hearing can help you recognize and label. Let's investigate this by exploring what sound is and how your sense of hearing works.

When a telephone rings, it produces a series of disturbances in the surrounding air. These disturbances, or sound waves, travel out and away from the sound source. Your hearing mechanism transforms and transfers these sound waves as a message to your brain. Your brain can interpret the message.

Before the message can get to your brain, however, it has to pass through three well defined sections of the ear. These sections are named the outer, middle and inner ear.

The outer ear helps to gather sound down into the ear canal to the ear drum. The ear drum is the dividing line between the inner and middle ear. The sound waves strike the ear drum

which in turn vibrates. Attached to the ear drum are the three small bones of the middle ear: the hammer, anvil and stapes. The vibrations of sound move from the ear drum to these small bones which transfer the sound waves from the middle ear to the inner ear. Within the inner ear is the fluid filled canal containing the organ of hearing, the cochlea.

The sound waves move from the small bones of the middle ear into the fluid of the inner ear where thousands of microscopic hair cells inside the cochlea pick up any motion (sound waves) within the fluid cavity. Stimulation of these hair cells cause electrical impulses to be sent to the brain. Our brain interprets these impulses as sound.

Hearing (for hearing persons) is a key factor in maintaining verbal exchange and perhaps even more importantly, hearing provides the auditory background of life and feelings of participation and security. Your hearing is vital to your well being. If you are experiencing difficulty hearing, a complete hearing evaluation would enable you to understand if you have a hearing problem, what type of problem you have and what can be done about your hearing problem.

At the Bethel Area Health Center, we offer a full range of audiology services including complete hearing evaluation, hearing aid dispensing, repair and service plus many other services to meet your hearing health care needs.

By Tim Dunnigan



### Facts about Hearing & Hearing Aids

by Sallie Dunn Chisholm  
Hearing Aid Specialist

**Beltone Hearing Aid Center**  
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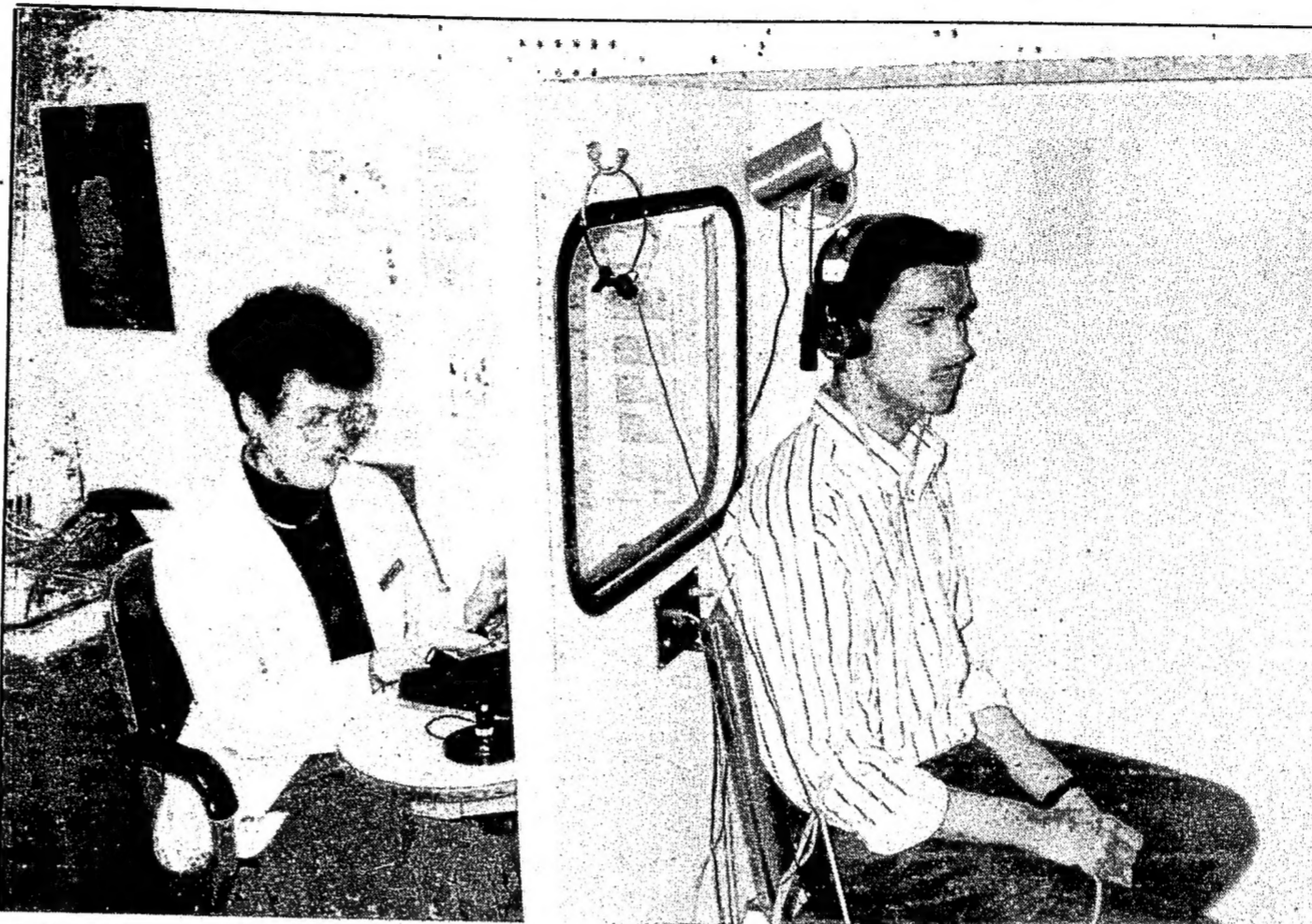
Sallie Chisholm

#### How to recognize the warning signs of a hearing loss:

- \* Do I feel that people mumble more than they used to?
- \* Do I hear but have trouble understanding all that is said?
- \* Do I find telephone conversations increasingly difficult?
- \* Do I no longer hear some of the normal household sounds - such as a faucet dripping or a doorbell ringing?
- \* Do I ask people to repeat what they say more and more frequently?
- \* Do I have more difficulty hearing when someone behind me is talking to me?
- \* Does my family complain that I play the radio and television too loud?

Of course, none of these in themselves is indicative of a hearing problem. However, if you are repeatedly aware of several of these warning signs, you should have a thorough hearing test.

CALL BELTONE FOR MORE INFORMATION  
M-W-F 9:00 - 4:00



**HEARING HELP**—OSHA Certified Audiology Technician Jeannine Thornton provides full audiological services including hearing tests, evaluations and hearing protection. She is also involved with area businesses that have high work area noise levels.

## OSHA Requirements for Hearing Conservation Testing

The Bethel Area Health Center continues to offer Hearing Conservation Testing for area businesses. This testing is required by Occupational Safety and Health Administration (OSHA) for any business that exposes employees to increased noise.

OSHA requires an Acoustics Engineer to come into a workplace and measure noise level by decibels. Employees must be notified of the noise decibels where they work so if it is above a certain level they wear hearing protection, which is required by law. A yearly hearing test is routine and with a

new employee an evaluation within the first six months of employment is a good practice. The evaluation of a new employee is important because it gives a baseline standard from which to measure possible future changes.

The testing itself involves a couple of steps. First, a comprehensive history is taken to determine any past hearing problems. Then the actual hearing test is taken. Finally, a verbal assessment of the hearing test is given to the employee and a company representative. A written report will be sent to the company at a later date. If hearing problems

are identified, a referral can be made to audiologist Tim Dunnigan who now works at the Health Center, for further testing and consultation.

To make an appointment, a company representative can call the Health Center and ask to speak to Jeannine Thornton, who is certified through OSHA for hearing testing and evaluation. The Bethel Area Health Center offers a business discount to companies with eight or more employees. For further information call Bethel Area Health Center at 824-2193.

By Jeannine Thornton

### Health education

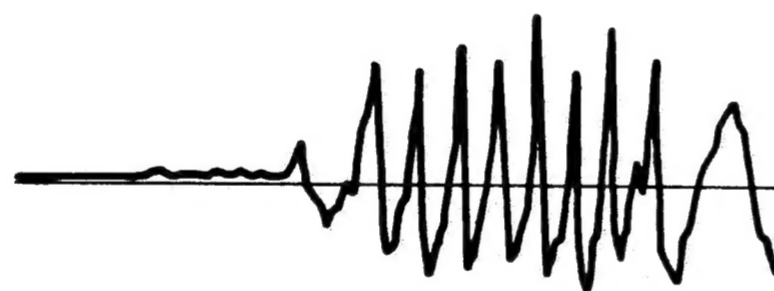
Continued from page 4

American Lung Association. Besides Standard First Aid and CPR, Jeannine Thornton, LPN also teaches a Babysitting Program. This course includes primary care, emotional and physical development of children and how to interview for jobs. Infant and child CPR and First Aid are also taught in the course. Jan Whitworth, P.A. and Ellen Crocker, LSW were featured speakers

at our Women's Health Forum in October 1991. Linda Ray, Clinic Coordinator and Bonnie Largess, Laboratory Technologist have offered nine Blood Pressure and Cholesterol Screenings in the Bethel area in the past year. These screenings include blood pressure, lab test to measure cholesterol and an educational/counseling component to

discuss risk factors and prevention. Our vision for the Health Center is presenting programs to meet the health needs of the communities we serve. Your comments and suggestions regarding courses you would like offered by the Health Center are encouraged. Please don't hesitate to call with suggestions and requests.

By Linda Ray



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## Safer Families Program

The Safer Families Program (SAFE) is a grant-funded support and advocacy program for battered women and their children located at the Bethel Area Health Center.

The goals of the program include direct services to clients, community awareness and education, and recruitment/training of volunteers. The Safer Families Program is a supporting member of the National Coalition Against Domestic Violence. The Program is staffed by a full-time Coordinator and assisted in all phases by trained volunteers.

Women and children often live in violent homes... every 15 seconds a woman is abused in the United States... an estimated 3-4 million women are assaulted and battered by their husbands or partners, including rape, in the United States every year... 25 to 45 percent of battered women are abused during pregnancy... battery is the single most significant cause of injury to women and the No. 1 cause of birth defects in the United States.

The Program offers support during times of family crisis and counseling for women, self-help weekly support groups, hook-up with legal advocates in Rumford and South Paris district courts, referral and transportation, as necessary, to the Abused Women's Advocacy Project (AWAP) shelter in Auburn and all their services.

SAFE also offers community education to help stop the cycle of violence and ensure women's safety. One of SAFE's goals is to stop victim blaming and encourage the focus to be placed on abusers being held responsible for their behavior and actions. Another goal is to promote safety for women through community training and awareness that abuse can be stopped.

Direct Services: In it's first year,

SFP has been able to provide individual and weekly support group(s) counseling for clients, crisis intervention services, referral services to other agencies (including Department of Human Services, Community Concepts, daycare, A.A. and Alanon, AWAP, etc.) arranging for shelter care, provision of child care during support groups and transportation. A private telephone line for the program is covered by an answering service nights and weekends giving clients and law enforcement 24-hour access to emergency services.

Community Education: A community awareness forum on domestic violence was held in September, with an open invitation to the communities of Bethel, Rumford and Norway/So. Paris. Groups targeted for fall-winter '91-'92 training, have included law enforcement and medical personnel, local police (Bethel area), ambulance E.M.T.'s and R.E.A.C.H. Other local agencies continue to schedule trainings for the same period (Outward Bound, Women Unlimited, NOVA, etc.).

The program coordinator also participated on a panel about domestic violence in October 1991 at the New England Community Health Association fall conference in Massachusetts.

Publicity: Business cards have been designed and dispensed, and a brochure is at the printers! Publicity includes ongoing articles in all the local newspapers about the program, weekly ads for the support group and use of TV Channel 4. Posters highlighting the support group have been hung up all over the district.

Volunteers: are an integral part of the entire program. The involvement of a community in a domestic violence effort encourages a sense of "owner-



**HELP WHEN NEEDED**—Lynn Boschetti, seated, and volunteers Muriel Gieger, left, Michelle McGonagle, Cheryl Bennett, Rose Sumner, Heidi Akers and Rocky Graham are providing support and direct services to battered women and their children in Oxford County. Boschetti is the director of the Safer Families Program, sponsored by the health center. The program has established support groups for local battered women. Volunteers also provide transportation when needed, staff an emergency hot-line, provide daycare during support group meetings and more. Anyone interested in becoming part of the Safer Families Program can contact Boschetti at 824-3600.

ship" of the issue of family violence. The first group of volunteers have been trained and certified by AWAP (Abused Women's Advocacy Project in Auburn) and several of the group have gone on for more specialized training for legal advocacy. Volunteers provide services such as artwork, transportation, child care, development of a Safer Families Program policy and procedures manual, and advocates manual, client support,

etc. Currently, 12 volunteers are attending a 25-30 hour training through Safer Families Program and will be certified in January. A group of 18 citizens, representing diverse interests in the greater Bethel area, comprise an Advisory Committee to Safer Families Program. This committee is a supportive body for the program, meeting monthly at the Health Center.

Network: Safer Families Program works collaboratively with the Abused Women's Advocacy Project and the Maine Coalition for Family Crisis services.

Anyone wishing further information is encouraged to contact the Coordinator at 824-2193 or 824-3600.

By Lynn Boschetti



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